

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

Hello everyone and welcome back to our fifth lesson or episode in this introduction to conscious EFT. No. In our last episode we introduced to you the silver standard for tapping and we gave you some examples of how to use it. We talked about a sample that Nancy led me through on using it for stress, general stress. And I want to know how was that for you this week. Did you use it, did you feel it was helpful? And then she did another really great example of using EFT for when you don't feel like using EFT or doing your anything else. So have you used that one and how has that made you feel and how have you been moving forward with that? Because in today's episode, as you can imagine, this silver standard tapping can be used for everything under the sun. Right? So Nancy and I are going to get into when is it a good time to use silver standard tapping?

Speaker 1 ([00:52](#)):

Where are some other sources where you can bring silver standard tapping into your life, other sources that we know, uh, keep your safety at the forefront. And then also when is it not a good time? When should you not be using us when it's not a safe time for, for you in your life to be using the silver standard tapping. But because there are so many different ways that we can use it, we're going to spend the next couple of episode using silver standard. We're going to do like live tapping with her and I on three big areas where that come up frequently in life that you can apply this to and use it to very, very easily. And today, as we said in our last episode, we are going to do food craving and we asked you to bring your personal kryptonite to this episode whenever you find yourself listening to it.

Speaker 1 ([01:42](#)):

So in this episode we do for real live tapping and never have I worked on this craving before because I didn't want to. And I have to say it's been about a month or six weeks since we originally shot this episode and I haven't not craved this food since then. So we shall see. Originally when we, we started recording, I thought there's no way [inaudible] this isn't going to happen or it's going to come back in two weeks or so, but so far we'll see. So grab your kryptonite food, whatever that is the thing you can't resist and let's jump into this awesome episode.

Speaker 2 ([02:31](#)):

Welcome back everyone. I'm your host Jensen Surak Gand. Nancy Forrester. Very excited about this episode. Jen, me too because last time everyone we asked you to bring your personal food kryptonite in and I am holding up a box of my favorite doughnut holes that are coded with beautiful white sugar and full of fake chemically jam. No, I people could see your face, you're beaming. It's like, Oh, I really hope this craving thing doesn't work Nancy, because I want to eat these donuts and everyone out there. Like I've said before, I'm a naturopath. You know, I know exactly what these are doing inside my body biochemically and why they're not awesome for me and also I have gone sugar-free for months and months and months and it's like I've done all of this stuff. It's not the physical part of it that brings me back. I know it's the emotional part that brings me back and that's what we're going to address today.

Speaker 2 ([03:33](#)):

So I hope that you are all laughing and um, you know, not grieving too much over this food that we're about to work on together. Well, you know, I had an interesting experience last night, Jen, um, I, I went to to get a uh, sub from the subway store. [inaudible] and so the nice woman said, okay, you know, here's your steak and guacamole sub. Is there something else that you want? And all of a sudden I just felt this impulse, this urge. I said to her, I really want potato chips. And she said, she said, Oh, she said,

well, you know, if you get chocolate milk with that, they canceled each other out. It's becomes healthy. Anyways. So I said, no, put this and put these potato chips on my bill and I grabbed my favorite chips, lays regular potato chips and I'm all excited cause like you, I haven't had them for like the longest time and I didn't know what this impulse was.

Speaker 2 ([04:28](#)):

So I come home, I eat my sub, it's all very good and it's like Oh, time for the potato chips. I would say to myself, they've changed the recipes since I had these last because these were horrible. Like I couldn't even finish the bag. And these are just a small little bags. Right? So small little bag. And you know, in my day I would Polish off a whole big family size of these lays potato chips at one sitting. Right. But it was, I was so astounded, I was looking all over the bag. What's the expiry date? Do you know if they gone bad? And it's like I really, it was just a horrible taste in my mouth. I was shocked. And, and interestingly enough, I've never done any direct tapping on my craving for potato chips. But it's one of the interesting things in this work.

Speaker 2 ([05:17](#)):

As you tap on different things, you just notice that you just don't align with the same things the same way anymore. So just for everyone listening, it's going to be okay, I'm tapping is Nancy's tugging you like, no, I want my sugar and come again coming from a very knowledgeable source around all about sugar and, and what I should and shouldn't do with it. So, okay. So before we jumped into this direct tapping with our food that we're already with, let's just quickly review what we did last time because we got into silver tapping and the resistance around it. Yes, exactly. And we use tapping to do some, uh, some work on stress and then we use silver tapping to do some work on our resistance to actually using EFT. So just a quick recap. Bronze standard is where we're just tapping on the acupuncture points.

Speaker 2 ([06:12](#)):

We're not using a setup phrase, we're not measuring intensities as we move into the silver standard. Then someone who presumably is knowledgeable about what they're doing is actually making up the setup phrases and making up the reminder phrases so much like you and I did Jen. I was the person who presumably knew what they were doing and we were working on your resistance. And so I was making up the even though statements and I was making up the reminder phrases and you were echoing them. And so with silver standard you can see that it just gets a little bit more specific about what's going on in the nervous system than the bronze standard. So something that, uh, we encouraged our listeners to tap along with you. So even as I was creating those, even those statements, they were tapping on their acupuncture points and they were experiencing some benefits even though the phrases I was using may not have been 100% applicable to them.

Speaker 2 ([07:22](#)):

And so that's this concept that we have in energy work and energy psychology work. EFT is the idea of borrowing benefits. So it opens the possibility that you can tap along with other people other than you and I, because there are resources galore on the internet. And on the Amazon, there's books, there's videos, there's all kinds of what we would call silver standard where you're just tapping along to whatever that person who presumably knows what they're doing is offering you. And so we have a couple of suggestions. It's a bit of a buyer beware situation, isn't it? Because there is some stuff out there on the internet, which is in my opinion, not credible. And so we thought it might be helpful if we shared just a couple of sources that uh, that we believe in. Yes. So Nancy and I wanted to share a couple

of sources where you can all silver tap outside of this lovely program that you're listening to with us, where it's not just that they know what they're doing, but also that they stand behind what they're doing.

Speaker 2 ([08:35](#)):

And if something came up while you were doing silver tapping with them, they would get back to you. They would be responsible for their work with you. And we know that. And we know them personally well enough so we have no benefit from referring you to them. We are not affiliated in any way. We just know that they stand behind their work and that they work in safety. So those two are Brad Yates who if you've heard of tapping ever on the internet, you probably have run into one of his videos because he has 500 million. Um, and he's, he is lovely. He is just as much of a gentleman in person as he is when you watch his videos. Um, Nancy's hosted him before. I've interviewed him multiple times before and his website is tapped with brad.com but really you could just go into YouTube and type in headache, EFT, Brad Yates or stress Brad Yates or pretty much anything.

Speaker 2 ([09:28](#)):

Brad Yates and that will come up. So tap with brad.com yeah. And his last name is Yates, Y a T E S Brad yates.com. Yes. Thanks for clarifying that. And then the other resource that we had for you is that someone else who's been in this field for quite a while, and he is another person that Nancy and I know. Again, we know he would be responsible for his work. His name is gene mantra Steli, but happily for you, you don't have to spell that out. His website is tapping Q and a, the letter Q a N D a.com and he has a podcast that about tapping. He's been running for, Oh maybe nine 10 years and he is, he has a ton of resources and you can tap along with him in silver standard tapping. He knows what he's talking about and he stands behind his products and he has just tons of stuff to help you out as you're exploring this tapping along with other people.

Speaker 2 ([10:26](#)):

Both of these fellows, they're so passionate about what they're doing. They, they love EFT, they love podcasting in Gene's case and doing videos in Brad's case and, and that really shines through in their work. Yeah. So if you're looking for some more resources and literally these, these two people have, I don't know, probably a thousand products between the two of them out there and free resources are more for you to explore. Please by all means do that on Nancy has a couple of videos on her website. I have a podcast where we tap all the time or we do some sort of guided visualization tied in with tapping. So there we go. We just given you four more places where you can kick the thing you want to work with and silver tap along with it. Yeah. Now can I put my trainer cap on here just for a little bit, Jen, because I do want to talk about when, when these kinds of silver standard resources might not be appropriate.

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

Yes, very important please. It really is important. There's a bit of, um, a controversy almost within the energy psychology EFT world, uh, where we're at one end of the polarity. Some trainers would say it's never appropriate to do silver standard, right. Tapping scripts are like a big no, no. Uh, and then there's the other end of the continuum which says, well, silver standard really is all you need. Right? You don't, you don't ever need to go beyond that. Uh, so I plant myself in the Canada's national Institute here. We're kind of firmly in the middle seeing seeing both sides of this where silver standard is absolutely not appropriate is where someone is actually experiencing serious disturbances. Whether those disturbances are showing up emotionally, whether they're mentally, even if they're physically, if there is

an enormous amount of distress in the nervous system, then the silver standard is, is not only not going to be terribly effective.

Speaker 2 ([12:39](#)):

It may actually open up some earlier distressing events that that nervous system is not ready for. So definitely if you're in a situation where you have this serious, uh, disturbances, big time events that haven't been resolved or processed, you want to be working with a certified and accredited practitioner around those things. And then on your own, is that a time to just be regulating with bronze tapping? Absolutely. Absolutely. Just basic bronze tapping. Now, that kind of gets me into the next piece then is, so if I'm the practitioner, if I'm the therapist, the mental health professional, the coach, the counselor, whatever my title is and I'm working with clients or patients, what's an appropriate use of these silver standard scripts in that case? So you're a professional, you're certified, you're accredited, you're well trained, you know the importance of building relationship with your client or your patient.

Speaker 2 ([13:46](#)):

So you're busy doing that. Then there are some really powerful ways to start using silver standard. Of course you're going to start with the bronze, you're going to have them regulating with bronze standard right from the get go. Uh, but as the work progresses then there are a couple of ways you could bring the silver standard in, not during the time with you that we're going to reserve for the state of the art, the gold standard. But in between sessions, you could either point your person to Brad's work or jeans work or you know, some really highly credible source where they could be doing that on their own right. And, and reporting into you. So you're there if something were to open up unexpectedly, you're there to help them process that. And then the other thing you can do as a practitioner is you can build your own silver standard scripts.

Speaker 2 ([14:39](#)):

So it's, it's, it's common practice for me after a session with a client is I will then sit down and I'll just write them up a quick silver standard. This is what I'd like you to be working on until we meet again. And it becomes so exciting as the practitioner because the client, uh, the client's a brand new client when they come in for the next session, cause to the extent they're committed to their own growth and they're doing this tapping energy is actually moving and resolving and you're, you're in a brand new place. So it's very motivating for both the client and the practitioner. Awesome. That's very exciting. I didn't know you did that. You're going to do that for me after a chapping today. We're about to do this for your cravings as much as you don't want to do this. Okay. Everyone.

Speaker 2 ([15:26](#)):

So, but just to highlight what you said, Nancy, so if you were working on this, you know, silver tapping today on our food craving, but what with what Nancy said before, if you're coming from a place where you are really, really activated and in a rough emotional or physical mental place, then this may not be the tapping for you. You may just be doing plain old bronze tapping and finding yourself a practitioner to help you get into where this is coming from. And Nancy sees this all the time in her practice and I usually attract not that sort of person, but I had my first completely overwhelmed in a state flooding with too much emotion from doing personal work. I'm a little bit unsafely honestly with some people or a person or I'm not sure who, but wasn't keeping this individual safe. So we want this, but this whole thing is about is introducing you slowly so that you can stay safe the whole time.

Speaker 2 ([16:24](#)):

Exactly. That is the whole focus of conscious EFT is how do you do EFT within a framework which recognizes the current state of the nervous system and offers it just little bits of what it needs to move to a place of greater safety. Well let's, we can't put it off anymore. Let's do it. We can't. I'd encourage people to, just to follow up on what you're saying Jen is, is to trust your body, right? As always, your body has such an eight wisdom. So if your body is saying, Nope, this is not time for me to be even tapping along here. Great and is always you're checking in with your medical and people as well. So let's trust that people are taking care of themselves. Okay. I just opened this box and the smell came to me and there is like all of this happiness.

Speaker 2 ([17:24](#)):

So we have begun, we have begun. The session is stay. So what I want you to do is reach into the box and I want you to pull out one of these little, what we're going to call these donuts or I'm calling them donut holes because I don't think that they call them Timbits in other places in the world as we do in here in Canada. Exactly. Okay. Looking for the perfect one, but I'll take this line. All right. And what is it that makes it perfect? Um, I want to see the jam coming out a little bit and it has to be soft and fluffy and there has to be a solid coating of the powder sugar on the outside. Solid code and nice coding. You know, it can't have absorbed. I have to see lots of the white fluffy stuff. Okay. Soft and fluffy and a solid coating of the, of the sugar powder. [inaudible] okay, great. Now tell me a bit about the smell. What does this smell it? I know it makes you happy. What else can you tell me about the smell? Um, well, physically I feel it at the back of my throat when I smell it.

Speaker 3 ([18:36](#)):

Okay.

Speaker 2 ([18:37](#)):

What happens at the back of your throat? There's a bit of a tingling and I wouldn't call it warmth. It's just like there's a the size of a ball. Yeah, air pressure. That's kind of tingly. Okay. And how big is that ball? Is it a ping pong ball? Golf ball. Tennis ball feels like a tennis ball.

Speaker 3 ([19:02](#)):

Okay.

Speaker 2 ([19:03](#)):

All right. So as you bring that donut hole closer to your nose? Yeah, that's what I smell in that, that back of my throat, you know, back the throat. Okay, great. And now let's get a starting intensity. Just how intense is this cravings? Zero to 10 10 would be, I just, I could just stop this in my mouth. I desperate to stuff that's in my mouth. I really, really want this right now. Okay. So last night I was very stressed and I w I would have been a 10 but now I'm, I'm just happy with it. So I would say a seven. Okay. Okay. Like I could put it down, but yeah. Right.

Speaker 2 ([19:49](#)):

But it would hard you wouldn't it? I might be able to put it down, but mentally it's, Oh, I'm coming back for it. Yeah, let's get off this podcast so I can eat those donut holes. And that's great because that's what we're saying is you don't have emotional freedom around the donut holes. Right. And we'll, we'll talk a

little bit more about what that emotional freedom actually is and what it feels like when we, do you want me to hold this while we're tapping or shall I put it down for, I think you should put it down. Okay. Okay. Okay. Even though, even though I really want this donut hole, I really want this donut hole, right? I accept myself as I am right now. I totally accept myself as I am right now. Nothing wrong with that in wrong, right? That right. Even though I was craving for the donut hole, even though I have this craving, Oh, it's like this love for the doughnut hole. Oh, I love this donut hole. I love this donut hole. Mutual passion, yet mutual passion. It wants me back. It does want me back. Oh, I love and accept my feelings. I love and accept my feelings and donut holes love for me and they don't at all of us.

Speaker 2 ([21:13](#)):

Even though, even though you were tapping on the side of our hand here, even though I have the seven out of 10 craving, even though I have a seven out of 10 craving, that's good. And that was a beautiful yawn. Thank you for that, right. I accept myself where I am right now. I accepted myself where I am right now. Yeah, it's good. Let's go to our reminder points. There's a eyebrow this seven out of 10 craving the seven out of 10 craving the side of your eye. I love this donut hole I do though. I love this donut hole underneath your eye. It makes me so happy. It makes me so happy right underneath your nose and it loves me back and it loves me back. I just, there's this comfort [inaudible] beautiful and you chin point. Oh, we're so comfortable with each other. We're so comfortable with each other on your collarbone.

Speaker 2 ([22:14](#)):

Life is easy with donut horse life is easy with donut holes as always. You're correct me if I'm saying something that doesn't [inaudible]. No, that's good. That's good. Underneath your arm, life is so easy with donut hole. Life is so much easier, but donut holes, beautiful in the top of your head. This craving per donut hole. This craving for donut holes. Good. Okay. Let's just take a breath. We'll think. Let's do another round because you gave me lots of information here. Okay. How about let's do a refusal round. This is okay. Oh yeah, let's do it. Okay. Even though, even though I won't give up my donut hole, I will not give up my donut hole and you can't make me Nancy and you can't make me Nancy. This tapping can't make me. It's not going to woo. I'm not doing it. I'm not doing it right and I accept where I am and I accept where I am even though there's no way, even though there's no way, I'm never getting up my donut hole. I am never giving up my donut hole. It brings me too much pleasure. It brings me too much pleasure. It's a miracle I'm even doing this tapping. It's, it really is a miracle. I'm doing this tapping as I've been avoiding it for five years. I appreciate where I am right now. I appreciate where I am right now. I hope the listeners get some benefit. I hope the listeners get some benefit because I'll still be eating my donut wholesale eating my daughter.

Speaker 2 ([23:47](#)):

I love it except myself. I love an extent myself. It's good to her eyebrow. I won't do it. I won't do it. You sidebar. I you can't make me do it. You can't make me do it underneath your eye. I want my doughnut holes. I want my doughnut holes and this love runs too deep underneath your nose. The love runs so deep. This love runs so deep. Mnuchin. Never could I ever give up my donut. Never abandoned donut. They're like my children. They like, they bring me more peace than my children, but yeah. Beautiful. Yeah, like a good friend. Ah, right. There's such a good friend. They're such a good friend. Yeah. Underneath her arm. I can count on the donut hole. I can count all the donut holes. Yeah, right. I can't count on anything or anybody out. Oh, I can't count on anything else. Right. So I won't ever give up my donut hole, so I'm not going to give up the donut holes. Yeah. Good. Okay. Now I'm curious. Let's take it just a breath there. Okay. And we'll come back to the exactly the same test like, okay. So I want you to grab the donut hole, bring it up close to your nose, do take a bite.

Speaker 3 ([25:07](#)):

[inaudible]

Speaker 2 ([25:08](#)):

and then just, we're on this scale of zero to 10 where are we now? And again, it doesn't matter if it's up, down, sideways, it's all good.

Speaker 2 ([25:18](#)):

Okay. I want to tell you what's come up please. The feeling is still the same in the back of my throat, but I smell more of the chemicals. Oh yes, I do. I'm so sorry. In the back of your throat, is it still a tingling sensation? Yeah. Okay. And is it still this air pressure tennis ball thing or has that changed at all on one second? Oh yeah, it's maybe not quite as big of a pressure. It's more like slowly heading down like it's a, it's flatter this air. It's like, Oh, okay. If you could throw slime at a wall and it would move down, but it's air, not slime. It's like that. Okay. It's all right air on the wall and it's moving downward. Yeah. Okay. And I just want to assure our listeners that, um, I actually have eyes on you where you and I are looking at each other so I can assure our listeners that you are not eating this donut cause I'm not sure I'd trust you if I wasn't actually looking at [inaudible].

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

Okay, great. Let's do another round on. I saw my intuition says to just go, go for the love isn't really been the overwhelming part has been like there's some dislike, peace and comfort there. And I understand physiologically happens and the neuro receptors that get excited and the capitalist blah, blah, blah, blah. Why I feel that. But yes, that's what I, that's the emotion. Exactly. Right. It's such a beautiful illustration of we can be so super smart and you don't understand all of this, but it doesn't, you know, we're just not capable of overriding the physiology of the body. Yeah. It doesn't matter. I don't, it doesn't matter. Yeah, it's, it's Y you know, uh, cognitive therapy, cognitive coaching is not always enough, right? Because all of this stuff is body-based stuff. So even though, even though my good friend donut, my good friend down at home, so dependable, so dependable, I trust it completely.

Speaker 2 ([27:28](#)):

I T I do, I trust it completely and I love myself as I am and I love myself as I am, even though it's donut hole, an eye forever, even though it's donut hole and I together forever, right? My BFF doughnut hole, my BFF donut hole, right? I accept us both. I accept us both, even though don't hole brings me predictable piece. Even though donut hole brings me predictable, peace [inaudible] always there for me. Always there for me. I accept myself as I am. I accept myself as I am and I'm so grateful for donut holes being in the world. And I'm so grateful for donut holes being in the world. I can't imagine being without them. I can't imagine being without them. Good. Let's go to our eyebrow. Oh, such happiness, such happiness inside of your eyes. So much comfort. So much comfort, but you know what's coming up is that they don't work if I have them all the time.

Speaker 2 ([28:39](#)):

Oh, okay. Then they're not as reliable. Okay. Then I start feeling that, Oh, the void is still there. I can't fill it with the donut holes, but if I just have them when I really need it, then they're predictable and they're there for me. Beautiful. Where are we underneath our eye, you know, they don't work all the time. They don't work all the time. Underneath your nose, there's a fly in this friendship. There is a fly in this friendship when your chin, if I overuse them, if I overuse them and your collar bone, they're not reliable.



They're not reliable underneath the arm. They can't take away the void. They can't take away the void as well. Right? As well. Yeah. Not as well as they normally do. Beautiful. Top of your head. They're not as dependable. They're not as dependable and I can't trust them so much and I can't trust them as much. Okay, good. I'm curious here. Back to the test. Okay. Take a donut whore. Bring it up to your nose. Smell it.

Speaker 2 ([29:56](#)):

What are you noticing? I smell the chemicals. I S I smell like the donut shop. [inaudible] which is a little bit less appetizing cause it feels more commercial and [inaudible]. Yeah, like they're just pumping this stuff out and I am craving it a little less. Yeah. Okay. So don't, don't make this up just to tell the truth about you and donut hole where the intensity now zero to 10 so without thinking the number that came up when I smelled it was four. Oh. So like in all relationships, like it would be good if I take a bite. It would be, I'd still really enjoy it, but I feel less like I need it. Right. Like less. I should really have it. There's less like, Oh, the joy that I'm about to experience from having this. Right, right. Less so in a sense of desperation or less attraction to that attraction is the word. That's the word. Okay. Yeah. It's not desperation. There's just like this. Yeah. Like this love and comfort and peace and [inaudible] and that's changed a little bit. It's not as strong. Yeah. Yeah. It smells more like the donut shop. Oh, I was going to say, you know, after what? 30 40 years as a marriage and family therapist. I was going to say, you know, this is what happens in relationships, isn't it? We start with the honeymoon and the attraction and all the chemicals and then at some point in time there's a moment of disillusionment.

Speaker 2 ([31:39](#)):

Okay. What about the a, just check into the back of your throat sensation. Where are we at with that? Mm. So it's like last time it may be even a little bit less [inaudible]. Okay. Little bit less [inaudible]. Got it. Okay. Let's do around directly on that back of the throat sensation. It might also just be physiological too. Like that's the way my body smells. Yeah. Yeah. It might be. It might be getting some of the powder into because it's so fine. But yes. Okay. All of which is tappable. Let's do it. Yep. So the nice thing about EFT is you don't really have to stop and think about anything. You just kind of keep following the process of what comes up. So even though, even though when I smell the doughnut, when I smelled the donut, I get this tingly back of the throat sensation. I get this tingly back of the throat sensation, like air moving down the wall, like air moving down the wall and I accept this and I accept the sensation.

Speaker 2 ([32:41](#)):

It's allowed to be there. It's allowed to be there. So we're on the side of the hand. Even though, even though when I smell the doughnut, when I smell the donut, I have this back of the throat sensation. I have this back of the throat sensation. Tinguely like air moving down the wall, tingly like air moving down the wall of my throat. Yeah. Good. Even though, even though I have this back of the throat sensation, I have this back of the throat sensation. When I smell this donut, when I smell this donut, it's like air moving down the wall. It's like air moving down the wall. But I accept this sensation in this moment. I accept this sensation in this moment, but let's do her eyebrow back of the throat. Sensation back of the throat sensation. So out of our eye, Tinguely air moving down the wall.

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

Tinguely air moving down the wall underneath your eye. Back of the throat. Sensation back of the throat. Sensation underneath our nose. Tinguely air moving down the wall. Tinguely air moving down the wall and you chin that glee throat sensation. [inaudible] one sec. Back of the throat. Sensation of all



the time in the world for those yarns. Air moving down the wall. Air moving down the wall in our bone. Yeah, I felt the real energy shift there when you took that Yon. But at this level of the EFT, we just, we generally finish the round and then come back and check in as we move into the gold standard. We would just stop right there because we noticed the energy shift. So I'm on my collarbone and I'm saying back at the throat sensation back of the throat sensation. Tinkly air moving down the wall. Typically air moving down the wall. There's another Yon. Yep. And, and the um, uh, where are we? Underneath the arm. Yep. So Tingley back of the throat sensation. Tangley back of the throat. Sensation air moving down the wall and moving down the wall. Go ahead. Okay. So then chip, check back in again. Okay. Where are we at? Things getting, so swish now for me picking it up in our listers. I hope you're following along and doing this testing with your absolutely substance at the same time. See what's happening for you.

Speaker 3 ([35:02](#)):

Okay.

Speaker 2 ([35:07](#)):

Okay. So I'm [inaudible] it smells less chemically, like a donut shop. It just smells like a pleasant dessert. Okay. Pleasant dessert.

Speaker 3 ([35:18](#)):

Yeah.

Speaker 2 ([35:20](#)):

Um, the back of my throat, I feel at that less again. Let me see how much less. Yeah. Zero to 10 on just the back of the throat. Tingling. Where would you put that? There's still some day or like a three or a four. [inaudible]. Okay. [inaudible] and what are the thoughts that are arising now? Not very much, I have to say. [inaudible]. Yeah. Uh, I don't have any new thoughts coming up about it. Just, um, it is starting to get a little bit beat up though for being picked up. You can change donuts anytime you want. Yeah. It's, um, it smells less strong too. Like there's less, let me pick up the other one and see if it has smell stronger.

Speaker 2 ([36:14](#)):

No, there's less smell to it. Less smell overall. And how's the state of your love for the donut? Oh, this one's not as fluffy. This new one that I've picked up, it's not as fluffy and it feels more like a tool than it does. Like there's less of the love and joy there. [inaudible] yeah. I notice when I look at your face, there's not that same engagement that those, you know, before at the start that you were, there was this glow in your eyes and energy and your cheeks and this huge smile. And now it's more of a, just kind of a flatter effect. You know, when I was in it is, you're right, you're right. When I was in, um, naturopathic medical school, one of our professors was talking about, he was a homeopathic professor, but he also was like a gestalt person, et cetera.

Speaker 2 ([37:13](#)):

And he was talking about, you know, you will understand when you have someone who has a true addiction to something because when you hear someone who is a chocoholic or an alcoholic or pick the substance, when you hear them talk about it, that first sip and what it's like, he's like, it is a whole, they are in a whole other world having an experience with it and it's just very different. And so I was feeling that at the beginning of this, but right now they're not holding that. I don't feel like I'm going to enter

into a whole world with them. Yes, exactly. This is the, the emergence of emotional freedom, right? Where we're literally changing the relationship between you and the substance such that you become in control of your choices as opposed to being controlled by that world of engagement with the, with the subject.

Speaker 2 ([38:11](#)):

Beautiful. So I have another question on behalf of all of our listeners. Okay. Um, you know, based on my past experience that maybe they don't have, which is, so I'm not super craving these right now. Like I could have them and they might be tasty. Maybe they wouldn't be. Um, but what happens when I get really stressed in a new situation and what if I really crave again? [inaudible] well, good question. And how will we know? We'll know by what comes up for you in the moment. So we're doing really good work here. Do we have a guarantee that we're getting at all of it? No, but you'll know the next time you're super stressed and you go to reach for your donut and if there's no emotional freedom there, then you'll tap again. Exactly like we're tapping now. Um, and I'll eat the donut. Don't want to, you know, and no shame, no judgment coming here.

Speaker 2 ([39:13](#)):

Right? Which we chatted in a in a previous prod podcast is that sometimes these addictions or these cravings follow their own path to extinction, so there's no rule that says, today I craved donut holes and then I don't crave donut holes. Right. That's not what the process of change usually looks like. Most likely it looks like changing the frequency, changing the intensity until finally the new habit of new identity is emerges in the brain. Right. I do not eat doughnut holes. That's a new identity that's, that's beginning to be formed here. That's right. Okay. Well I'm not done with you yet. I know. I just wanted to bring that up in case people were starting to wonder. Yeah. I've got a curious question for you because you said, when I tune in to smelling this donut, we haven't even yet had you taste it, but what came up was it's more like a tool.

Speaker 2 ([40:17](#)):

What's that tool for? It's for stress. It feels more like, this is my crutch, this is how I'm going to sooth X, Y, or Zed. Whereas opposed to this really peaceful, joyful, happy, engaging experience. It feels more like, okay, well I need to drive a nail and so where's the hammer? Right, exactly. I need to feel better. Where's the donut? It might not taste amazing, but I know it'll hit the receptors. That'll give me a quick rush of feeling better. Beautiful. Good. So let's do side of the hand. Even though, even though I'm not quite as good a friend to the donut as I thought I would Vanden it, that I guess I'm not quite as good of a friend to the donut as I thought. I'm a donut hole user.

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

I'm a donut hole user. I use it for my own purposes. I use it and abuse it for my own purposes and it's hard to love and accept myself. Oh, and it's hard to love and accept my this poor donut, this poor, poor donut. Poor donut. Yes. Existing only for my benefit. Existing only for my benefit. Having no life beyond me having no life beyond me. Right. Even though, even though this is my tool for stress management, this is my tool for stress management. I love and forgive myself. I love and forgive myself for being a donut hole user or being down at all user. I wonder what it's like to make amends to a donut or I wonder what it's like to make amends to a donut hole, right? I'm so sorry. Donut hole. I'm so sorry. Donut hole. Please forgive me. Please forgive me.

Speaker 2 ([42:07](#)):

Thank you. Thank you. I love you. I knew where we were going there. I love you. A little hole. Pono Pono. We're in the midst of her. Even though, even though the smell is less strong, the smell is less strong and the sensation in the back of my throat is less strong and the sensation in the back of my throat is less strong. I accept this experience too. I accept this experience too. Good. Let's go to our eyebrow. I'm using it as a tool. I'm using it as a tool inside of my eye. It's my strategy for stress management. It's my strategies for stress. Man had been underneath your eye. It's not about love at all. It's not about love at all, right underneath your nose. It's a strategy. It's a strategy. When you chin. Maybe there could be another strategy. Maybe there could be another strategy.

Speaker 2 ([43:04](#)):

No collarbone, one that doesn't have the down sides, one that doesn't have the downsides underneath your arm. I'm open to that possibility. I'm open to that possibility or top of your head, something that would truly benefit me, something that would truly benefit me and maybe even transform me. Ah, right. Beautiful. Let's do another round on your eyebrow. I'm open to this possibility. I'm open to this possibility inside of your eye that there's something better for me than donut hole. That there's something better for me than donut holes and underneath your eye. Don't at Hall's want that for me, it's own ad holds a lot. That from me underneath your nose. They want my highest good. They want my highest good and your chin. They're not going to feel rejected. They're not going to feel rejected. Your collarbone, I'm not abandoning them. I'm not abandoning them. Underneath your arm. I'm bringing them what they truly desire. I'm bringing them what they truly desire. Right, and then the top of the head, maybe it's time for them to go. Maybe it's time for them to go. Okay, great. Let's do a smell test. Okay. Sorry everyone, my nose is a little bit leaky, which I assume as part of this process, right? Absolutely. Okay. I don't want to get leaky nose on my food here just in case. Okay. Let me smell again.

Speaker 2 ([44:41](#)):

So I just smell like the chemicals more [inaudible] in the back of the throat feeling. Yeah, there's a tiny bit, but if I didn't think about it I wouldn't have noticed it. Right. Okay. Tiny bit. I had to focus on it to even notice that it was there. [inaudible] uh, and how strong is the cravings? Zero to 10 now I could take it or leave it. What numbers that take it early that I, it's hard to come up with and not let me, let me sit with it. Yup. I'm like a two or one maybe [inaudible] one or two.

Speaker 2 ([45:22](#)):

Yeah. Thoughts, thoughts arising like my thoughts are that I could leave it till my kids are home and let them have it and that would be okay too. I won't feel like I missed out. Okay. Which is very interesting. Given that last night, I was so excited that I was buying sugar for myself for this experiment today. And there was no way you were going to take that away from me. So I hope to all of you listeners out there, like Nancy and I are, we know each other. So it's very funny for us to do this. And this is real, like this is 100% real life specifically, as I said before, never tapped on this cause I, I like this, I have enjoyed this crutch, but what's coming up for you and let yourself, you know, enjoy this tapping that we're doing. And if the words are slightly different for you, like you can just feel into that, right?

Speaker 2 ([46:13](#)):

That's what the borrowing benefits are about. Like for you, maybe you don't feel the friendship and the love with it. Maybe for you it is more the desperation, which was a word that dancy you. So just let yourself have the experience again, feeling safe and calm the whole time you're doing this right.

Beautiful. Can we do one more task? Oh yeah, yeah. It's time for the taste test. Oh, okay. Okay. Okay. So what comes up, even as I suggest that, that I'm going to get white powder all over. Oh, it's okay with me and then I'll look silly. Okay. Am I seriously biting in? Yeah. Okay. Just a small bite. Whatever size you want.

Speaker 2 ([46:52](#)):

I'm showing in everyone's ear. Mm. Yeah. It tastes more chemically. That's it. [inaudible] and then the sugar tastes chemically [inaudible] well, it's not gross. Like I'm not going to spit it out, but it tastes more like chemically concocted for the masses to reel us on in. Yeah. It's kind of like pseudo love. Right. Mass produced love to get the masses to buy in. It didn't have that fulfilling feeling. It was just a flavor in my mouth. And that's it. And it a fake flavor even. Yeah, like an engineered flavor. [inaudible] well, I've got a real test for you now. Okay. What would it be like to actually take that box and throw them out? I knew you were going to say that. Okay. So I would feel a little bit of regret. I would feel a little bit of regret because maybe I don't want them now, but what if I have an event going on later on today and it's been really stressful, organized.

Speaker 2 ([48:02](#)):

And what if I get really stressed in like two hours and that doughnut would really hit the spot, right. [inaudible] so they, it does feel a bit like that. Beautiful. There's our tap next tapping round. Okay. Even though even though I'm not emotionally free to toss them out, I am not emotionally free to toss them out. That's okay. That's okay. I am where I am. I am where I am, even though I want to hedge my bets. Yeah. Even though I want to hedge my bets, right. I accept myself as I am. I accept myself as I am. Right. Even though I want to protect myself for later, even though I want to protect myself for later. Right. What if I get really stressed when if I get really stressed and I really need them and I really need them, they have to be there for me.

Speaker 2 ([48:56](#)):

They have to be there for me. Right. And I accept myself as I am. I next step myself as I am and here we go. Let's go to your eyebrow. I can't throw them out. I can't throw them out on the side of your eye. I'd regret it. I'd regret it underneath your eyes. What if I need them later? What if I need them later? Now underneath it, underneath your nose and they're not there for me and they're not there for me. All right, are you chin? I can't stand that feeling. I can't stand that feeling. Go ahead. When your collarbone, I need to know they're there. I need to know they're there except for I don't, except for I don't know what if that's not true. What if that's not true? Yeah. Good. And then the top of your head. What if that's not true at all?

Speaker 2 ([49:43](#)):

What if that's not true at all? Good. And then let's just try that again. So I want you to imagine just throwing them out, tossing them out, acknowledging, Oh yeah, right. They played this role for me. They're not playing that role anymore. They're concocted chemicals that I bought into. Well now I feel like I know that they would just taste like chemicals because that, that emotional at peace and joy that was, that I had assigned to them earlier, that I was so happy about it. The beginning of this. Yeah. You know, that doesn't, I don't feel that right now. So it would be, you know, they're not going to make me happy anyway. So yes. So zero to 10 where 10 would be, Oh it's absolutely I'm, I actually am tossing them, I probably won't toss them cause my [inaudible] kids will want them, but I could, I could and it would be no big deal. Yeah. So that sounds like it's somewhere around seven, eight ish. Sorry, seven

eight meaning I can get rid of them. Yeah, I can. 10 would be, I can I, it's absolutely possible to toss them right now.

Speaker 2 ([50:52](#)):

Yeah, I would be pretty close to that and maybe eight or nine. Yeah. Okay, great. Good, good. And if we had more time, we, we could get in there and explore that a little bit. That, but you know, you're sitting with a whole ton more emotional freedom around this object in the world and, and the meaning and the story that she placed on this object. And it's much different now how you're saying no, it's actually so much more possible for me. I'm a maid or [inaudible]. Yeah, yeah. I could, I could [inaudible] very nicely done. Thank you. Okay. So for everyone listening, you know, check in and see how you are and now you have a tool to deal with this and you can back this up and use it again as silver tapping or you can listen to Brad Yates on YouTube or tapping Q and a and gene through his podcast and taps or these cravings of your own.

Speaker 2 ([51:50](#)):

Um, but what we want to prepare you for for next week because the fun doesn't stop here is we don't want you to hurt yourself on purpose between now and then. But this is where we want you to bring in your pain cause we're going to work on an ache, a pain, a chronic knee issue or a shoulder problem. Or you fell and tripped two years ago and ever since then you Aiken a leg when it gets rainy out. Absolutely. Looking forward to that episode two with your jam. Yes. Yes. Okay. Thank you so much and enjoy your tapping this week everyone. Bye. Bye.

Speaker 1 ([52:23](#)):

Okay everyone. How was that for you? Did you get any movement with your own craving as you were tapping along? I know that after having done this, still not creating the jelly donut holes and then going back and editing this episode and I used a totally different food that I crave during that I'm interested to see if I now no longer crave either one of those foods. So what happened for you? And like Nancy said, it's not necessarily about it being perfect. It's now you having the tool to continue using it with yourself until that relationship changes and those patterns that have been running are shifted in different and you're functioning differently and how having emotional freedom to choose whether you do or don't want that food rather than feeling compelled to it. And so we are going to take this same silver standard technique and apply it to, as we said earlier, pain in your body. That niggling pain, that old injury, that new injury. We're going to apply it to pain in our body. So can't wait to jump into that with you in our next lesson.