

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

Hello everyone and welcome back to another lesson of our introduction to conscious EFT. Now in our last lesson we got into using silver standard EFT for cravings, food cravings, have it cravings. How did it go for you now that you've had some time to work with it? I have to say that for me, I used it when I was editing it again on another food substance and I haven't been craving that either. So that particular one worked really well for me and happened to stick, but it by no means means that that's how it has to be for you. So how was it for you and then today as advertised, we are going to get into using silver standard EFT for physical issues. So pain, chronic recurring things. It doesn't even have to be fit pain that you feel. It can just be, well I have a propensity to getting sties or I don't know, I have a trick ankle or knee that tends to give out even though it's not super painful.

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

So some sort of physical issue that you'd like to work with. That's what we're going to dive into today. And Nancy, and I do say this inside the interview, but just to reiterate, this is not a replacement for medical care. You need to know what's going on with your body, right? You need to go in to see your medical team of practitioners and make sure you're getting the right care for said pain or condition obviously, but in this case we are going to get into why it's worth doing, tapping on the pain or the physical malady as well. So with that, let's jump straight in.

Speaker 2 ([01:50](#)):

Hello everyone and welcome back to our intro to conscious EFT. I'm your host, Jensen [inaudible] and Nancy Forrester. Glad to be here with you all. Nancy and I are having so much fun recording this for all of you. I hope you guys are really enjoying it as well. And what we want to know is how do you all feel after our food tapping last week? Have you been using it on your own? What are your cravings like? And all kinds of interesting things begin to show up when we do some EFT tapping work on our cravings. So on the surface, yes. You know, you may be noticing that you're actually feeling that urge to have that substance less. Oftentimes we still indulge in the substance, but we think about it for a longer time before or we notice that the frequency with which we're engaging with the craving is less and less frequent.

Speaker 2 ([02:57](#)):

Or sometimes we still have some of it, but it's less. And so just pay attention to how is the change actually happening in your life? Who, Jen? It's been about a week since we did the cravings exercise with you and your donuts. What have you noticed? Okay, so first off, I was so amused by our funny tapping session and I was really surprised that it wasn't like a deep emotional session because sometimes when you get into cravings it can get really sad or angry. As you know, for everyone listening, you know, if you had some emotions that weren't just joyful and laughter, that's completely normal. That's a very common experience. So because we were laughing the whole time, I was just shocked that not only have I not craved that doughnut since then, but for the first few days after, I didn't want any junk food at all.

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

Um, but then we've had Canadian Thanksgiving and of course there are lessons, desserts and whatnot. So, but overall I really did, I have still a little bit shocked that that light and easy and whatever it was, 1510 minutes of tapping has turned into me not craving that because I can still sort of taste the chemicals when I think of it. I think of the chemicals now as opposed to having sugar that, that you

fundamentally change the quality of your relationship with that substance. So you're, you're just not thinking of it the same way. Right. But now you're thinking, when you think of it, you think about the chemicals and the taste of that, whereas before it was very different experience for you. So it's not surprising. One of the things you said to me too earlier was that not just are you not craving the junk food, but that you're also finding yourself engaging in healthier habits.

Speaker 2 ([04:57](#)):

I think you said that you were making salads, right? I mean, not that I don't normally make salads, but I, let's say I wanted a snack in the evening, then I would have something healthy because I just, I couldn't, I couldn't make myself have the typical go-to sneaking things. [inaudible]. Exactly. And that's often what happens, right? There is kind of a generalization effect because as we've talked about, what you're doing is literally elevating the vibration of your energy in the world, and that's a global experience. It's not just about the jelly donuts, it's, it's generalizing to other aspects of life. You simply have a higher quality of energy that you're bringing throughout your life. So it's not surprising for a client or a patient. For example, we be working on, let's say, issues around their weight and to have them come back and say, well, it's the strangest thing, but I feel like I'm more in love with my husband than I've ever been before.

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

All right, lovely. It's one of the delights of this energy psychology, EFT work. Is that kind of transfer of effects across lots of different vehicles? Yes, absolutely. Sometimes people get really hung up on deciding their niche for their work, and if you're a someone who works as a personal helper in this world of the subconscious mind, it doesn't really matter whether you're going to be the smoking cessation person or the money mindset person or the weight loss person because you're probably going to get to the same core issues no matter which door you walk through. Absolutely. It's always going to be about fundamentally the energy that that person is able to hold and the quality of their relationships with people and things and life and spiritual understandings. It's always about relationship at that fundamental level. You know, I heard a very interesting statement today that I know we talked about last time when we were talking about the food, but it's that any sort of habit that we have, it's, it's not so much a habit like we can we say this is bad or this is good.

Speaker 2 ([07:11](#)):

It's not really about that so much as it's a solution for you. And it's a solution that you've become super familiar with. You have lots of brain and body pathways too. And so for you, you are craving or you used to crave or were craving X, that was a solution for you. Right? Right. And, and as we talked about last time too, it's really worth reinforcing is that the craving is the tip of the iceberg. So for some people they, the craving is, it's really just a habit, you know, and it started for some reason, but doing a little bit of tapping on the craving releases the craving and life is good. And then there's going to be a percentage of the population where that craving is the tip of the iceberg. And it, it really leads to the underlying aches, the underlying anxiety that the craving was the strategy to solve, as you're saying, Jen.

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

And so one of the things that we can start to notice is as we tap on the cravings, we can start to feel some of the core reasons around why that craving was actually in place. So it's important to just to recognize that, that sometimes there's a deeper, a deeper thing going on that needs to be addressed. Yeah. Well said. So speaking of relationship in this episode, we are going to talk about our relationship with our body and pain. Oh yes. Talk about your fundamental relationships, right? We, uh, we, you

know, we're, we're raised in a culture where we're taught certain things about how one relates to one's body. So today we are going to get into doing some tapping around pain and we all at one point or another, or maybe chronically every day I've had this experience of paying, whether it is waking up and realizing, Oh no, I slept poorly and I can't turn my head.

Speaker 2 ([09:12](#)):

Or whether you pulled something over exercising or maybe you pulled something doing nothing at all. Yeah, yeah. Maybe there's been an illness you've had that came with pain. So many manifestations of this. It's really important, Jim, that we say to people right at the start of this discussion about physical pain, that EFT tapping is not a replacement for medical attention. And you know, one of the stories that we often say in the EFT world is if you fall and you break your leg, you're going to call the ambulance to get yourself to the hospital. Yes, I would be doing some tapping on the way to try to regulate my nervous system in the face of this event. But yeah, I'm not going to be lying on the ground tapping on my face. I'm going to get medical attention. So please make sure you're in relationship with your medical professionals around whatever pain you're feeling in your physical body.

Speaker 2 ([10:09](#)):

Yes, absolutely. I corroborate. Yeah. So as a healthcare practitioner, please do. Yes, please do. Right now. The other thing to remind people of is we talked last time about this concept of borrowing benefits. And this is a huge piece of the silver tapping that we're doing. So we're going to be working actually with one of your pains that you currently have, Jen, but we're asking our audience to tap along and borrow the benefits on your work. Since we're all connected energetically and emotionally, uh, we will all benefit on, in our own way from the work that we're doing here on the podcast. So even though someone may not share your actual specific pain, they can anticipate, uh, some change around their form of physical pain. And even if someone doesn't have any physical pain at all, they can still by tapping along, they're going to experience benefits in their own energy system.

Speaker 2 ([11:13](#)):

So shall we begin? Let's do it. Okay. So what pain are we working with for you? Okay, so I have pulled something ever so slightly in my left hamstring and I may have been overactive recently and doing stuff around the house in the yard. And for the last, I'd say day or two, I've had left hamstring pain, left hamstring pain, like tenderness when I go to walk downstairs or if I'm flexing. Okay. And I'm just taking a few notes here. And when you tune into this left hamstring pain right now in this moment, I'm standing up. That's what you're hearing everyone I'm standing up so I could sort of bend over and tune in. Okay, great. So we're going to test this. So you're testing it by bending over and paying attention to the left hamstring pain. And so on that scale of zero to 10 where 10 would be very, very high, excruciating, zero would be, it's not there at all.

Speaker 2 ([12:16](#)):

Where are we? Start in here. Hmm. I would say like a four. It's about a four. Okay. So it's not terribly bad, but it's significant. It's not terribly bad, but it's present. Yeah. Yes. Okay. And so we'll come back and we'll redo that exact same test and have you bend over in the exact same way to see whether we're getting some results, some change around us. Okay. Okay. So let's start with a general tapping round, okay? Even though we're tapping on the side of our hands, everyone, even though I have this left hamstring pain, I have this left hamstring pain, right? I'm a good person anyways. I am a good person anyway. Go ahead. Even though I have this left hamstring pain, even though I have this left hamstring

pain, right? I'm willing to accept that it's there right now. I'm willing to accept that it's there right now even though I have this left hamstring pain, even though I have this left hamstring pain, right?

Speaker 2 ([13:18](#)):

I acknowledge its presence in my life right now. I acknowledge its presence in my life right now. I feel like I'm giving it a pedestal. Well, in a sense it is right. It's really calling your attention. It is. Okay. So let's do our your eyebrow point. Left hamstring pain. Left hamstring pain. Go ahead. Side of your eye. Left hamstring pain. Left hamstring pain underneath your eye. Left hamstring pain. Left hamstring pain and under your nose. Left hamstring pain. Left hamstring pain. Shin left hamstring pain. This left hamstring pain. Collarbone left hamstring pain. Left-hand string pain underneath your arm. Left hamstring pain, left hamstring pain in the top of your head. Left hamstring pain. Left hamstring pain. Good. Okay. And then just take a breath there.

Speaker 2 ([14:17](#)):

Yeah. And our listeners of course, could be substituting whatever their pain is, you know, if they have a pain in their right hip, they could be going. Even though I have this pain in my right hip, sir, tapping along with us. Okay. What are you noticing coming up as Stephen as you do that first round? Um, I noticed that I wanted to say it. I wanted to use words that were more like, it's in the back of my leg. Left hamstring seems to medical and too removed. Okay. Even though I'm, you know, I'm fine in the medical world, I felt like I should just say hurts in the of my leg. When I tried to bend over and try to walk upstairs, that's what it was coming up. Beautiful. So it hurts in the back of my leg, uh, when I bend over back in my thigh, yet when I bend over and hurts when I'm walking downstairs.

Speaker 2 ([15:07](#)):

And other thoughts that come up when I think about it are, uh, am I going to be able to keep working out? Is it going to bother my working out schedule? Okay. And then, you know, what comes up with that is will then will I become out of shape or less healthy because I can't work out and I have finally found a routine that I have loved almost a year long. I've been following it and yeah. Yeah. Okay. And let's go for the gold here. When you think those thoughts, am I going to be able to be, uh, to, to work out and I'm going to get out of shape and I'll lose my year long. A routine that I've developed. What's the emotion that's connected to all of that? Um, the first thing that comes up is despair. Oh, okay. Like, ah, it's never, I'm never going to get better or I'll never get to be fully in shape because an injury comes up from doing something around the house.

Speaker 2 ([16:04](#)):

Right? Yeah. Excellent. And this is very normal that the, the, the vast majority of cases, especially with chronic pain, but even with the acute stuff, there's going to be an emotional component to it and that's where EFT really shines is we've had a strategy to deal with all of this and you know, I know rationally everyone listening, I totally understand. I've just slightly pulled a muscle. It's going to be fine, but that doesn't matter. I know that the emotion of, Oh my God, what if this never goes away? It's there a little bit. Yeah. And what if we talked a little bit about this in our first episodes, but what if this is the actual perfect symptom for you to have right now in your life to be able to open to the next possibility that's coming for you? This what if, okay, we're back on the side of the hand.

Speaker 2 ([17:01](#)):

Yes. Even though, even though I have this hurt in the back of my thigh, I have this hurt in the back of my thigh when I bend over when I've been Dover, right? I'm willing to accept myself as I am. I'm willing to accept myself as I am, even though I have this hurt in the back of my leg, even though I have this hurt in the back of my leg, what I bend over when I bend over, right? I'm willing to accept it is what it is. I'm willing to accept it is what it is. Even though I have this hurt in the back of my thigh, even though I have this hurt in the back of my thigh when I bend over, when I bend over, right? And I'm not in a peaceful relationship with it yet and I'm not in a peaceful relationship with it yet, right?

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

I'm willing to be where I am right now. I'm willing to be where I am right now. Go ahead and let's go to where. Eyebrow. This remaining hurt in the back of my thigh. That's remaining hurt in the back of my thigh. Inside of your eye, remaining hurt in the back of my thigh. Remaining hurt in the back of my thigh. Underneath your eye remaining hurt in the back of my thigh. This remaining hurt in the back of my thigh. Under your nose. Remaining her to the back of my thigh. Remaining hurt in the back of my thigh. Chin remaining hurt in the back of my thigh. Remaining hurts in the back of my thigh. Yeah, I just had a nice sigh there. I'm not sure it was mine or yours on her collarbone point remaining. Yeah. Hurt in the back of our thigh. Remaining hurt in the back of my thigh.

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

And then the top of our, did we do under arm your arm. [inaudible] rebating hurt in the back of my thigh. Remaining hurt in the back of my thigh and the top of our head remaining hurt in the back of our sigh. Remaining hurt in the back of my thigh. Good. Now we've just got started, but I'm really curious to see if something has shifted. So would you be willing to test that in exactly the same way as you did before? I will. And I wanted to say while we were doing the, even those by the second, even though my first thought was, I feel like I'm ready to say I want to accept and give love or respect or gratitude to my thigh for taking on this. And then the next, the next, I'm sorry. I know I should be a little less experienced here, but then the next thing you said was, even though I'm not in good relationship with it, I'm like that I want to be, that's the thing I want to say, but I, so for everyone listening, you may not have had that feeling, but this is what happens after you practice this after so long, right?

Speaker 2 ([19:37](#)):

I've been doing this for years, but you're, you just get there really quickly. And that is what we're working on here. Everything is about relationship. And so you, you have shifted your relationship with what is, where it used to be a rather conflictual, hostile relationship, right? With all these thoughts about I'm not gonna be able to work out and what does this mean? And dah, dah, dah, dah, dah, dah. And the despair and there's been a shift in the relationship. So just like we do then our stress script in our podcast there, um, this is a phased approach to this and you just kind of went from the first round to the fourth round in a real hurry, which is, which is great. Right. So let's just see what I'm standing up again and in your thighs. Gonna do, it's like a to really, okay.

Speaker 2 ([20:31](#)):

So we started at a four. We're now at a two. Yeah, it's about a two. It's still there and when I'm bending over. Yeah. And is it in exactly the same location or has it changed someone? Let's see. Yeah, it's in the same location. It's just faded. It's face of, it feels dated version. It feels faded. Yeah. It's just not as strong. Okay. Okay, great. And for everyone listening, I bent a bunch of times over just so it wasn't like, Oh well I bent two times, so of course it's going to be better the next time. No, I did it a bunch of times

the first time, a bunch of times the second time. So it wasn't that I stretched it out. Right. Yeah, I know because this is kind of hard to believe, isn't it? At some level it's like really you're going to do two rounds of tapping in this pain that's been there for two days is going to fade.

Speaker 2 ([21:19](#)):

That's a tad bit difficult to comprehend and yet can't argue with experience. Right. Yeah. Because we were talking even in our intro episodes about how the way that we feel emotionally changes the chemicals in our body, right. And the chemicals are to pass pain on from one cell to the other. Right. So of course you can do it, but it still feels totally crazy and bizarre that you can do this by tapping on your face. Exactly. Exactly. Okay. So now, uh, we were with the emotion of despair, but as we do the tapping, the emotions often shift. So if you come back in and tune into the faded version of this thigh hurt, what's the emotion there? Now I feel like it's going to get better. Yes. Okay.

Speaker 2 ([22:13](#)):

Yeah. You get better when there's more peace there. Like that. Despair is just not, it's kind of like, I understand why you were feeling despair, but it's okay. It's going to get better. Oh, it's okay. Beautiful. Ah, well let's do around on all of that. Okay. Even though, even though I have this faded version of my left thigh pain, I have this faded version of my left thigh pain. It's okay. It's okay. I know it's going to get better. I know it's gonna get better. Even though, even though I have a faded version of the left thigh pain, I have a faded version of the left thigh pain. Oh, I have so much gratitude for my left thigh. I have so much gratitude for my left thigh. It is the best left thigh ever.

Speaker 2 ([23:09](#)):

It's the best left I've ever known and probably ever will know and will know third time here on this side of her head. Even though, even though I have a faded version of my left thigh pain, I have a faded version of my left thigh pain. Right? I'm bringing it compassion. I'm bringing it compassion and care and care and appreciation and appreciation. Beautiful. And it's good or eyebrow. Thank you. Left thigh. Thank you. Left thigh and the side of your eye. I wonder if you have something to tell me. I wonder if you have something to tell me underneath your eye. I really appreciate you. I really appreciate you and underneath your nose and I know you're going to feel better and I know you're going to feel better when you chin, but before you go, but before you go and your collarbone, I know you're here for a reason. I know you're here for a reason underneath your arm. Would you share that message with me now? Would you share that message with me now and the top of your head? I'm really listening and really listening. Go ahead and let's just do another round here. So on your eyebrow.

Speaker 2 ([24:30](#)):

My body is so wise. My body is so wise inside of our eye it's always talking to me. It's always talking to me underneath my eye. Your eye. I wonder what it's saying to me. I wonder what it's saying to me underneath. Who knows? I wish it knew how to text. I wish it'd be we had a text and you chin, but I need to really listen that I need to really listen. Your collarbone, sometimes it speaks in images, sometimes it speaks in images underneath your arm. But I can interpret that, but I can interpret that and the top of your head. I wonder what it's saying to me. I wonder what it's saying to me. Could I just take a breath there, Jen, and then just tune into whatever's left of that left thigh pain. [inaudible] with the intention of opening your ears and your heart and your mind. Really hearing the message it has for you knowing it wants the best.

Speaker 3 ([25:34](#)):

[inaudible]

Speaker 2 ([25:37](#)):

okay. So what came up while we were tapping two things. One was the very first time you said maybe it has a message for you. And the message that I had popped into my mind was, yeah, take it easy. Oh, easy. And then, um, as we were entering the second round, maybe by the end of the first round and into the second round, I started having an image of butter melting. If I like the back of my thighs, the muscles are melting. It's nice. Yeah. So I'm interested to stand up and bend again and see where it is, but also this is kind of a fun meta experience for everyone, right? Yeah. I'm kind of like, Oh, is this still going to be there? How will that look? Are we going to do okay because we are doing this as a demo and yeah. Well, and this is such a common place to right, is that you, you feel some relief around the symptom in the body, but then in comes this chitter chatter of the mind again and brings in this thought about, well yeah, maybe it's okay now, but it's going to get worse.

Speaker 2 ([26:36](#)):

Or the whole, what if piece from the negativity bias that we've talked about. So let's just do a quick round on that to get that shifted out of the way it though, even though there's a very busy part of my mind is a very busy part of my mind that's questioning if it's going to get better, that's questioning if it's going to get better. Right. I love and accept that part of me too. I love and accept that part of me too. Yeah. Even though I've got this busy mind chatter, even though I have this busy mind chatter, right, is it going to get better? Is it going to get better? How does it look in front of everyone? Right? I'm doing a demo doing a demo said what if it doesn't work? What if it doesn't work? What if it works too easily? What if it works too easily?

Speaker 2 ([27:20](#)):

Yeah. This isn't what we were expecting. This isn't what we were expecting. Yeah. I love and accept all this chatter at 11 except all this chatter. One more time on the side of the hand. Even though busy mind chatters going on, even though busy mind chatter is going on, well it has a right to be there too. Well it has a right to be there too and I accept that it's there and I accept that it's there and bring it some love and acceptance and bring it some love and acceptance. Go ahead and on your eye. Eyebrow. Busy mind chatter, busy mind center side of your eye. Is it going to still be there? Is it still going to be there underneath your eye? Really wanting to control it. Really wanting to control it. Dude. Neath your nose and knowing I can't, knowing I can't. I knew chin or if I try I'm going to get into trouble or can I try, I'm going to get into trouble. They're called a collarbone. Yeah. I wonder what's going to happen. I wonder what's going to happen underneath your arm. I'm curious about what's gonna happen. I'm curious about what's going to happen in the top of your head. I'm ready to see what's going to happen. I'm ready to see what's going to happen. Good. Okay. Drum roll. All right. I'm standing up. Everyone's seeing what happens. Okay.

Speaker 2 ([28:41](#)):

Knowing that whatever happens is okay. I would say it's still at a bit of a two. [inaudible] yeah, that's what it feels like. And has there been a change of location, a change of emotion, change of color, change of message? I just feel more calm in general. [inaudible] um, and you know, with the leg it was like, it just felt like tighter and stiffer. So like that fading has been a little release of that tightness and stiffness. [inaudible] yeah. And this, you know, this is a good time to remind us all that when you do have

significant pain, getting any bit of a change to release around that pain is enormous. Right. So again, we're not, the intent here is not to get all pain to zero. The intent is to change the quality of the relationship that we have with the pain. Okay. But I'm curious. Let's if we, so we have our, our love and acceptance and our gratitude and our appreciation and the, and the pain is still showing up as a two.

Speaker 2 ([29:52](#)):

So what, what other emotion? My pay in that pain, the remaining pate. So first I, inside the leg there is this feeling of like, Oh, can I get there? You know, because it's Steph when I'm stretching. But then prior to that, just before I bent over was my judgment of annoyance over it. [inaudible] there we go. Yup. Okay. Let's give that a little attention. Okay. Even though even though I've significantly improved my relationship with this pain, significantly improved my relationship with this pain, there's still a part of me that's in judgment. There's still a part of me. Yes, that's in judgment and I'm really annoyed at it and I'm annoyed at the annoyance. Right, exactly. I've way layers of annoyance, layers of annoyance. I'm annoyed. It's not going away. I'm annoyed. It's not going away and I'm willing to accept that the annoyance is there and I'm willing to accept that the annoyance is there.

Speaker 2 ([30:57](#)):

Right. Even though there's part of me still in judgment, even though there's part of me still in judgment that really wants this pain to go away now, that really wants this pain to go away now and is judging it for not, uh, living according to my expectations and is judging it for not living according to my expectations. Right. I love and accept myself. I love and accept myself even though it's difficult for me, even though it's difficult for me to accept that this pain has a right to be in my body to accept it. This pain has a right to be in my body and to leave when it's ready to leave and to leave when it's ready to leave. Right. I love and accept myself regardless. 11 accept myself regardless what, and let's go to our eyebrow. This judgment, judgment side of your eye. This pain shouldn't be there. His pain shouldn't be there underneath your eye. I'm really annoyed at my annoyance. I'm annoyed at my annoyance right underneath your nose. The pain should be gone. The pain should be gone. New Chan, I don't know why it's still here. I don't know why it's still here. Right near collarbone. It needed to leave a long time ago. It needed to leave a long time ago. Underneath your arm. This annoyance, this annoyance, the top of your head. This judgement of this. Pay this judgment of this pain. Okay, good.

Speaker 2 ([32:23](#)):

Well, I'm curious to see what happens now if you test that. Okay. I stand up and test again. [inaudible] so I feel like I'm getting further over before the pain comes up now. Oh right, yes, that makes sense. So everyone, I'm bending at the hips. I'm just leaning forward with my leg straight stretch my hamstring to see. So it's still there maybe ever so slightly less, maybe a one and a half, but I have to bend over more to get to it. It's like we were talking about with the cravings, right? Is the process of change is not always from four to zero, like gone in the same way as you know, you may have a chocolate craving and notice that the intensity reduces or the amount of chocolate you're eating reduces pain is the same thing. Right? We're not really in control of how this actually changes over time.

Speaker 2 ([33:12](#)):

So, um, yeah, and there, there are a couple of things I wanted to bring up to add onto what you're saying. What is, um, with EFT, one of our colleagues who does research around this and he's a, an instructor VFT as well. He very clearly talks about how in all of the studies he's done with people around pain, even if they have like super, super intense pain, generally after they've done all the EFT like you



and I have just done, there is often some pain leftover. But that's how the person is able to know, Oh, this is the biological pain. Like this is the physiological process. This is actually my body's healing from whatever the condition is versus the 10 out of 10 pain where it was my body's healing from this and I'm really worried and I'm annoyed and Oh my God, I can't believe I fell over.

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

How do I have to be the ones suffering with this chronic disease? All of the things that could come up with it. So what we want to help you all to do is to learn a way to do this so that you can help reduce the emotional attachment to the pain and change your relationship with it. So what's left there is just the physiological stuff and you can keep working on what comes up that way. And just like you said, Nancy, what if you were a little bit better? So for everyone out there, especially if you have chronic pain, you know that if you could just be 10% better, that might be the difference between getting to go out and socialize, which you really miss. Yes, exactly. Think about how your life would be different with just that little bit less pain. [inaudible] beautifully said, Jen.

Speaker 2 ([34:46](#)):

And what we're really saying is with EFT, we're literally changing the chemicals in the body that are surging around as we entertain these judgmental thoughts and emotions about the pain, and if we will address those and move more into the appreciation and the gratitude, those are different chemicals and we're literally getting out of the way of the body. The body knows how to heal. We're never forcing healing. We're not that powerful. And so our job is really just to move ourselves out of the way of the body's natural ability to heal. Absolutely. Yeah. You said you had a second point. Well, the second point was that 10% better. That if you can just, if you could just be like, say your pain was at an eight out of 10 but what would it mean in your life if you are at a six out of 10 well then I could do X, Y or Z. Right, and you can apply this to any part of your life.

Speaker 2 ([35:44](#)):

Like what if you craved that chocolate or whatever it is or the cigarette or the alcohol. Two degrees less. What if you didn't have to have it quite that much? What if your woes around success, what if they were a six out of 10 instead of eight out of 10 Oh well that would mean I was having an easier time at work. I was earning this much more money. I things were flowing better with my business. Whatever that looks like for you. Those two points can be huge, so I'm kind of glad it didn't go down to a zero so that we could have this conversation and everyone can hear it's okay. It's like what if everything is working out for us? Right? What if the, what if the pain is actually meant to be there until it's not there? And what if I could hold a relationship that came from that energy rather than the one of, of um, offset and, and a condemnation.

Speaker 2 ([36:35](#)):

Yeah. And the other piece I wanted to bring gen stat onto these great points that you've made is what if this pain in your left thigh is not going to release until you really figure out what it's trying to tell you? It said take it easy. Well what does that actually specifically mean in your life? So if I was your left thigh pain, I would not be giving up on you until I had some assurance that you knew what that meant and you were taking action toward it. Well, funny you should say that because of course when I have that message, I started thinking about it and I the take it easy didn't feel so much like the physical labor because that actually feels really good to do. And that's my break in the day when I can go do something else where I'm not staring at a screen working, working, working.

Speaker 2 ([37:36](#)):

So it's the staring at a screen, working, working, working, and wearing a bunch of different hats that I have been for the last month and I need to wear a little bit longer yeah. That I could really use a step away from. And in fact leg, I'm letting you know where I'm taking a weekend off. So yes. So everyone out there who's listening, if you are doing the exercise with us and you got a message, what can you do about it? What, what solution strategies can you come up with with the pain, with the message from the pain? And if you didn't get a message, that's okay. Like, Oh, we've been doing this for a while and it might come to you tomorrow or in 10 minutes or next week. And this is the piece that that conscious EFT brings to the table. This piece that we're working on right here is that it's not enough to truly transform our life just to change the suffering.

Speaker 2 ([38:30](#)):

So as the suffering, as the pain, whether it's emotional pain, physical pain, mental pain, spiritual pain, as that suffering begins to reduce, that's only the first part of the transformation that this part that we're, we're talking about. How do we then open up and hear what the wisdom of the mind and body is in terms of how we're living our life today and how we're called to actually change that to experience greater health and happiness. Yeah. And that's the point that I think a lot of people who are a little bit familiar with EFT, but who don't do a lot of it, uh, hit their head up against because they don't see, Oh no, no, there's, you have to take it. That last step. It's not just about getting calming down the issue, it's about then taking the next step forward and exalting up and moving into it and creating the new thing.

Speaker 2 ([39:24](#)):

Because you have the emotional freedom to create it. Absolutely. And if you don't take that step, then my experience is that both personally and professionally is that if you don't take that step to really make the changes that you're being requested to make from your body or your mind, both, um, that probably the pain is going to come back. Like, you know, that old, that old saying about, uh, we're called to make a change in our life and the first time it comes as a, you know, a, a like a little tap on the head. And if we ignore that, then eventually that's going to build to be the two by four, which we, we literally cannot. Uh, we cannot ignore. So this part about really bringing this work into life today is so critically important. Yeah. And you've been saying this all along right from the beginning that when you were working with clients, one thing might go away, but then something new would come up and you've realized it was because you have to move into this piece.

Speaker 2 ([40:20](#)):

Absolutely. So to everyone out there who's tapping along, I'm just percolate on what you need to do to complete this and to create what is what you and your body and your mind and spirit, what I'm bring to this world or move forward with [inaudible] patient with it. That's right. And recognize that we had the conversation about resistance and that comes back here. Like because you're being called to change a piece of your life for you Jen, it's about slowing down around some of the work that your body is saying. This is too much. Well, it's very likely that you may experience some resistance around doing exactly that. So then we go back to the tapping on the resistance that we did earlier. Perfect. Perfect. So then you can just back it up a couple of episodes and tap on that again and our next lesson, like really take this in and soak it in. Right? But then our next lesson is how to use this with peak performance. So exam anxiety, sports performance, corporate performance, educational performance, entrepreneurial performance, networking performance, anywhere in your life where you'd like to be doing it better

somehow. Yeah, this is for you episode. Oh, I'm excited about that. Thank you so much Nancy. You're welcome. My pleasure. That was super fun. We'll see you all next time.

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

So how was that tapping for your physical ailment today? I have to say editing it and tapping again. I still had that physical pain or it sort of came back again. However, what I did notice I had completely forgotten about that pain having a message for me. And when I was editing it I thought, Oh, how interesting it was telling me to relax because boy did I ever not relax. And then boy did I ever get new physical issues coming up that were directly related to not managing my stress and not taking it easy and not taking a step back. So as crazy as that sounds, our body is and our nervous system is storing so much information for us. So let's see how this works for you as you're able to use it now before our next lesson with your own physical issues. And please by all means, let us know. And of course next time we get into using this silver tapping for every place in your life where you would like to do it better, perform better, get better results in some way, shape or form. And it's super fun, and it's one of my personal favorite things to use for my own clients. So stick around for our next lesson and can't wait to get into more tapping with you.