

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

Hello everyone and welcome to our seventh episode or lesson of this introduction to conscious EFT. Now Nancy and I have just walked you through silver standard tapping for pain and silver standard tapping for cravings in your life, but in this episode we get into how to use it for performing for peak performance, performing at work, performing in say sports you're playing, but really performance means any area in your life where you just want to do or be better. And we don't really say this specifically inside the lesson, but really what if peak performance was about emotional intelligence in everything you did? What if you got to a point where you just felt like you were in the flow, like you had your best mojo going on in whatever it is that you're approaching or doing in your life. So just keep that in the back of your mind as you listen to this. It's so fun. What a great topic and I can't wait to hear what all of you think about it.

Speaker 2 ([01:20](#)):

Welcome back everyone. I am your host, Jensen Surak and Nancy Forester. Glad to be here with you. We are well into our introduction to consciously using EFT. And today as promised last week, we're going to get into peak performance issues. So not just how do you use this to help with your pain, to help with your cravings, to help sort of downgrade things you don't want in your life, but how do you apply it in your life so that you can achieve more or get further or bring things into your life that you're seeking? Yes, exactly. And in my mind, peak performance is really a global concept that the way I look at life is I want to be a peak performer overall in my life. And so that opens up the concept of peak performance around, you know, stepping up and stepping out and being all that we can possibly be, who we're meant to be, who we're created to be, how we're holding ourselves back from that.

Speaker 2 ([02:23](#)):

But it also includes in an interesting way, the concept of phobias. So if we think about someone, for example, who has a phobia about needles and how that could be really holding them back in their life, right from optimizing and peak performance around their health and wellbeing, for example. And so EFT gives us a really straight forward way to deal with these kinds of phobias. So blood tests, needles would be one. Um, uh, fear of flying would be another, you know, you can see how people would be holding themselves back and all kinds of different ways not flying to see family not flying for business and how that would impact on the quality of their life. Absolutely. So I love that you applied it to very general things in life. So it's not just about you're an elite athlete and he wanted, you know, become the pro tennis player [inaudible] that it can also just be about knowing you want to be able to get on a plane or take your blood test without having to have a Xanax first.

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

Absolutely. So yes, exactly. So peak performance almost on a micro level and then on a macro level, right. And I know we're on the same page here, Jim, that as we deal with the micro as we deal with what is happening for us that has a huge impact on the macro level about what you know, how is the world holding itself back from being the peak performance world that it's meant to be. So it's like every tap we take inside is leading to the bigger picture of peak performance as well. This reminds me a bit of what we talked about in our craving episode or our followup to the craving episode where we talked about you tap on one craving but actually it potentially can change the way you feel about a lot of things like in my experience when we did that, so same thing here like maybe we end up tapping on, I don't want to get on a plane or for those listening, maybe you end up tapping on, I have a fear of needles or have you name it, but then you notice you start doing better at work and feeling more confident at work.

Speaker 2 ([04:34](#)):

Yes. Or in your sports on the side. Yes. We could look at it the other way too. What if we looked at a corporation who has employees, we'll just call them team members and that corporation decided to do a wellness day where they taught their team members very simple bronze, silver EFT and built it into the culture of the organization that the team members may be before every team, every meeting or maybe at the end of a, I know one a corporate culture that has Friday afternoon EFT circles where they tap through whatever was happening that week in order that they don't take that home to their families. So can you imagine if a, if a culture brought this in on a regular basis and so that each, each part of that corporate system was taking responsibility for their own energy field and the same way we're talking about your jelly donuts spread globally in your system, the effects of the EFT are going to spread globally in that corporate system as well.

Speaker 2 ([05:47](#)):

Beautiful. Beautiful. Isn't that an exciting idea? It is. And I feel like it helps flow right into what we want to talk about today. And maybe we can start off with some corporate examples because we want to lay out for everyone, not just about the phobias, but ways that this can be applied in your life. Give you some examples of what Nancy and I have seen or had the chance to work with with individuals or groups. And then also we're going to do some tapping at the end. Yes, that sounds great. Sounds great. So many exciting ways that this peak performance work ties into all areas of life. So why don't you start Jen? Well, because we were talking about corporate, can we maybe finish that off? I'm thinking of people I've worked with in corporate who come to me with issues around all the crazy corporate not getting along with people having to work in a team and all of these biological systems, all of these nervous systems, all of these biochemical bodies coming together and they all have vast backgrounds and experiences that have made them each seed life and the world in a different way.

Speaker 2 ([06:57](#)):

And now they have to work together every day and they have to go out together to give seminars and have a drink together after. And I hope everyone listening is like cringing or laughing because you know what this is like and the idea of, I'm thinking of one client in particular just doing tapping on fair enough. This is goals tapping, which we will get to in an episode or two doing tapping with her on her issue around, I can't stand, let's say X, Y or Zed person. We keep butting heads and we're not getting the work done we need to get done. And seeing how that relates to why she became that biochemical nervous system reaction in the first place. So usually it goes back to sometime in childhood when that person felt that way and took on those beliefs and feelings about it and then just helping their brain work through that so that they no longer feel that trigger anymore.

Speaker 2 ([07:58](#)):

And then all the people at work start saying to my client, I don't know about this Zen BS you have going on here, but, and one of this person's goals was to start winning awards again at work. And sure enough, the awards came, were awards that never had been awarded yet to anyone before, et cetera, et cetera. And, and then now that corporation is considering having EFT groups, how can they spread this more? Yeah. So I worked with one, a human resources manager who was headed up the mediation team in a very large corporation, right? And as they learned the energy work, EFT in particular, uh, and, and brought this work into their mediation. Oh my gosh, these are the things just started to open right up and possibilities were there that, that where people just been at loggerheads before. And you know, I'm a business oriented person, right?

Speaker 2 ([08:58](#)):

I'm, I'm all for profit. I think profit is amazing. And then it becomes a question of how you use that profit. But profit itself is, is good. Uh, and so let's, let's just look at the impact on the bottom line. Uh, the financial bottom line of being able to free up this stuck energy in team members so that their focus is no longer on the hostility and on the conflict, but it's actually on, on the mission statement of what the corporation is attempting to do. We know when, when people consistently engage in emotional freedom techniques, even at the bronze level, that you know, they have a daily routine where they're just taking care of their, their energy system that they, they do end up being calm and confident and creative and collaborative and all of these beautiful see words that really are what's needed for corporate success.

Speaker 2 ([09:54](#)):

Yeah, absolutely. I'm in the world of positive psychology where they talk about people who are generally happier and more satisfied with their life, which is exactly what we are doing here with this EA EFT right now, giving you the emotional freedom. See or not not liking this person at work because unbeknownst to you, they remind you of some bully you had when you were 12 or your mom that always nagged at you about something and now you have another person reflecting back that same thing. And it's pushing the same button. And so we have all of this research like tons of re there's a whole program at Harvard that's been taught now for what, 10 years or something on happiness, psychology and every single one of those tenants like increased creativity, better problem solving, less sick days, on and on and on. All these things that benefit the bottom line, better negotiating skills, all of that happens when you aren't emotionally tethered to something that's really bringing you down and making you crazy.

Speaker 2 ([10:55](#)):

Exactly. And all, I love the positive psychology field. It brings so much to the table, particularly in the area of research around happiness. I feel it as a site, what was I psychotherapist in my field as a psychotherapist for so many years, we were always accused of, of not looking at the happiness quotient, right. Of always looking at the distress. And so I love how positive psychology does that. However, I also think that, uh, sometimes if there are real strong emotional attachments from the past, then trying to, uh, put positive psychology approaches on top of that, uh, is, you know, like putting a bandaid on a wound without cleaning the wound out first. And so really, you know, this is what I get so excited about EFT because it gives us a way to clean out that wound, uh, and then when then the bandaid becomes much more helpful.

Speaker 2 ([11:54](#)):

Yeah. That's the wonderful part about EFT is that it really gives positive psychology this super power it needs. Okay. So we're going to get into that in a few more episodes, but back to maybe another example. Uh, yes, we're in the, uh, in the corporate world examples in the corporate world. Yeah. Do you want to do one more example in the corporate worlds and we'll move on to, well, I can bring a personal example from the corporate world. Oh, please. Uh, so I'm sure my dear adult son w will, he's given me sort of blanket permission to talk about this. Uh, he, uh, worked his way into a very prestigious, um, management consulting company. And then, uh, once he got there, Oh boy, we were, we were tapping a lot in those early days as he went. Wow. Like I had no idea what stress was until I got into this organization.

Speaker 2 ([12:47](#)):

So there was a lot of bathroom tapping, going on, little phone calls, you know, five minutes here, five minutes there with mom. Uh, then that passed. But, uh, but he eventually actually changed positions. He decided not to be client facing anymore. Uh, and instead became a consultant to his own organization and his rationale for that. So interesting. Cause he said, you know, these corporations are paying me so much money to be there and we come up with these amazing, um, strategies for them. And it's incredibly frustrating because they don't get adopted because the clients, the corporate clients face the resistance to change. And there isn't a way to actually help those clients move through that resistance to change. And so just imagine if EFT was a part of this whole program. It's like, here we have these great ideas for you. In terms of how your corporation can be more successful, but let's acknowledge that it's a very real thing to have your team members.

Speaker 2 ([13:58](#)):

It doesn't matter whether they're your, your CEO level team members or or your worker team members. Every single one of those people is at some level going to resist that change. And so as we discussed in the episode we did around how, how to use EFT to, to deal with resistance to change, that would just bring such incredible value to the whole consulting field. Getting the most out of the money that you're paying for that. Think about this, everyone out there who works in a fields where your client or your staff, your employees, your coworkers, where there's resistance to something new. It just, that just is how it is. We all as human beings have a negativity bias. And so the devil unknown is something to be a little bit concerned about, right? So imagine if we could use this. I'm thinking of so many different professions like financial advisors who want their clients Tino follow the investment strategy and keep putting this much money away.

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

Everyone. But it's so easy to get scared or to change your mind or, Oh, that investment's not good. The medical field, it's astounding to me, the statistics around how many prescriptions are not, they get filled but they don't get taken. Oh. So you know, a huge waste of money there as well. And in the entrepreneurial world, I know so many people who are, who get upset when they're like, I have these courses and now I, maybe I had a thousand or many thousands of people buy them. But then such a low amount of people have actually taken it. I mean, lovely to have made the money, but then how is it not, how's it going to help if no one actually implements it? So think about all the ways where implementation is resisted. Yeah. You know, there's some lovely work being done by people around the world. Um, I'm thinking of business coaches for example, who recognize this issue and actually build into their programs a certain number of sessions, private sessions with an EFT coach to deal with the resistances, to deal with the overwhelmed, to deal with the frustrations with the quitting cycle.

Speaker 2 ([16:07](#)):

All of those things that come up as people try to make change in their life. Yeah, absolutely. So I feel like we've covered corporate very, very well. Why don't we shift gears here and apply this to, let's go to the education system, both from the students and from the educators perspective. So Nancy, I know because you've practiced for such a long time that you have worked with plenty of students and teachers that will yes. And teachers, but I was thinking of starting with the administrators. There's a lot of stress in the, uh, in the educational system, certainly in Canada and I would assume worldwide. Oh yeah, absolutely. Yeah. And so all the way from, you know, kindergarten teachers who bring very, very simple tapping, just touching the points and bringing this to their, their little children, uh, just before they have nap time. For example, just to calm the nervous system down.

Speaker 2 ([17:03](#)):

You know, napping is almost like a peak performance issue, isn't it? Because you want to settle the system to get the best map that you possibly can. Uh, so right from that level all the way to, uh, I worked once with a client who, uh, was in charge of the certification process at a professional college. And the nature of the examination process, there was one where they went from station to station. So they'd go to one station, they'd get 30 seconds to look at something and then answer a question about it. And then they immediately had to move to the next station, which was 30 seconds. This sounds a lot to me like the bellowing exam in anatomy class where you go look at one cadaver, there's one little section and then you have to answer the question about it. The bell rings right? And you so you can get thrown off.

Speaker 2 ([17:56](#)):

You know, you go to one little station and it's like you, your brain freezes like we've talked about and you literally are in a fight, flight or freeze response and your, your brain literally disintegrates. And so what we worked on there, uh, was, uh, just teaching the students how to do the basic bronze tapping finger tapping actually. And so they were just finger tapping before the exam. Throughout the exam and after the exam and there was a significant improvement in the results on the exam. Uh, I know you've got some interesting research that you've come across as well in the educational field. What I find the most interesting is when there's research on something that's very biological, right? I mean, I love that surveys and questionnaires can be done, but I'm in particular, the research I find most interesting is where we've looked into when teachers have greater amounts of burnout.

Speaker 2 ([18:53](#)):

They're students now, so like two separate bodies here. Their students tend to have a higher levels of the stress hormone, cortisol in their saliva. Crazy, crazy. And this is not the teacher, it's not like higher levels of the teacher being angry per se, although maybe that's how they express burnout, but it's them ranking higher on the standard burnout psychology questionnaire and then their students having a physiological difference based on how burnt out their teachers were. Oh, so wouldn't it be wonderful to have this simple, easy to access cost effective strategy taught in teachers colleges? Yes. Yeah. I was thinking in the schools, but of course, yeah. Right in college so that they're using it right from the time they're practice teaching. Absolutely. And this doesn't even mean that they have to teach it to their students. So obviously that's lovely. Like you were talking about the kindergarten teachers, but this is just them tapping on themselves and helping themselves out and that physiologically changes the hormones in that kid's body.

Speaker 2 ([20:01](#)):

Yeah. And all of the effects of that. Right. Then the child is a happier, a more consistent Lee behavior oriented child, like choosing behaviors, peak performance, choosing behaviors that are helpful to them. Uh, and that then comes back. That's contagious for the teacher as well because that then allows the teacher's nervous system to regulate again are cortisol, his or her credit, cortisol to drop and then that feeds right back into the child. So it's this beautiful positive regulation loop that happens between teacher and child. And of course I can't not say exactly the same thing happens between parent and child. It happens between administrator and teacher. It happens in every single human relationship. There's so much more to say on that. But I don't want to go on and on anyone who's an educator or a parent, you can see all the benefits from this and the naturopath and he wants to talk about cortisol and all the ways it changes your health and how having lower cortisol will be so beneficial.

Speaker 2 ([21:02](#)):

And so anxiety exam anxiety, we touched on that like it's a huge helper. We've had lots of research in the EFT worlds on this. Absolutely right now we're just in the launch period for the group certification program here at the national training Institute. We've just started, and this is what we are addressing right at the beginning is uh, how addressing the overwhelmed coming into a program like this, all the different ways, the stories that people are telling themselves about how they shouldn't be here and how they're inadequate. And you know, all of those non-helpful stories. But in particular, the first task on the agenda is passing the international level professional examination. And so we are right in the middle of tapping on all of the different aspects that, uh, that people have around examinations. And, uh, and there's a lot, right? The, the way our educational system has, uh, programmed people to think about themselves and think about possibilities that we carry that with us. And so that's all subject to, uh, EFT tapping to deal with the past and the ways that it's being carried forward into the present and then into the future. All changeable as someone who has written an inordinate amount of exams. Well done.

Speaker 2 ([22:27](#)):

Exactly. So we talked about from the students and the teachers and the administrators perspective. What about when we get into an area of performance, like physical per sport performance like sporting [inaudible] even if it's just your weekend warrior or you have a hobby sport that you really like, that, that you're working at improving or even if you're just working out, like you go to the gym and you have goals that you want to reach. Yeah, you want to be able to run a little bit longer on the treadmill or do the half marathon or whatever, do your first five K even. Exactly. Well, one of our, actually one of our certification graduates from last year, uh, is a marathoner. And so she brought EFT daily in every single way into her practices. And uh, and just watched the, the time that it was taking her to do her marathons just drop with no real change in anything other than the fact that she brought the energy work directly and actively into her training schedule.

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

So she wasn't training differently? No, no, she just was tapping with the training. Just was tapping and it makes sense cause as you're tapping, what you're doing is releasing lots of areas of tension and holding and constriction in the body. And so as you're tapping, you're just allowing the body to move more fluidly. And so that's not just going to be for marathoners. That's going to be, for example, for golfers, you know, on the professional golf circuit, you've got millions of dollars riding on one single putt. And so if you can even, you know, finger tapping, put your hand in your pocket and just do a little tapping before you address the ball, your chances of, um, what do they call that? There's a name for that, is it the, the pips are, there's a phrase that golfers use, which is that tendency to just tighten up, to constrict a little bit as they're addressing the ball.

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

And so EFT has been shown to be really, really helpful in addressing that and, and uh, and helping optimal performance in that area too. Um, and you know, I have a friend in the EFT world and she has been doing EFT again for a really, really long time. She's a psychotherapist and I've had the chance to interview her a couple of times on my podcast and she's been in a summit and that's all she does now is work with professional and amateur athletes, Olympians particularly, she works with tons of major league baseball players. And the numbers that she's seen with these people, the recuperation from injury, the speed with which they recuperate from injury. Just when, just like you said, Nancy, for everyone listening, think about when millions of dollars or even if it's not millions of dollars, what if it's

just this happens to be your paycheck or you performing better means you getting drafted or not getting drafted when there's so much riding on how you hit the ball or whatever the sport is, how, how do you not feel a little bit tense or think about all the emotions riding on that, like all the emotional attachments they're pulling you down.

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

What if you could release those emotional attachments and really just be in your zone in the [inaudible] right, be in flow, be in the zone. That's what all our optimal athletes talk about, isn't it? That it's like the baseball came to me and it was like the size of a basketball. I couldn't not miss that. It was just, you know, it was just meant to be, everything seems so much easier when you don't have that tension and emotional attachments. Yeah. And I have one more example I wanted to bring up and I brought it up in an earlier episode here, but I recently was at my daughter's gym. She's a gymnast and we did some tapping around issues that they had with whatever it was they were trying to accomplish. And I wanted, I usually when I introduce tapping to people who've never tapped before, I try to do a can you touch your toes and then we'll do some tapping and then see how much further they can go.

Speaker 2 ([26:35](#)):

However, I was with a group of gymnast and you know, we all know that that's not an issue. So I discussed with the head of the gym and we decided, well let's do the splits because you know they do splits but they do over splits like beyond the splits. And some of them want to go further or some of them are great in two ways, but they're not great in that last way of doing the splits. And some of the boys can't do the splits at all. So we did tapping around that and then I asked we, we went down practices, splits, and then I asked them all, okay, what would you like to do better? How do you feel about it? And then I just walked them through basic silver tapping about those words that they used. I wish I could do it better.

Speaker 2 ([27:10](#)):

I can't go down all the way in this one position, whatever they said. And then after that one round of tapping, we went back to do the splits and they were flabbergasted. In particular, this is one 16 year old boy who was like, miss, I've never been able to do the splits flat to the ground ever in all three positions. Wow. So think about, you know how you can use this before you work out or before that marathon or before you just go to the tennis court and play with your friends casually on a Friday night sort of thing. Absolutely. Absolutely. I can just, I can feel the joy in his whole being as he achieved this goal. Never been able to do before. Yeah, absolutely. And, and I will tell one more story from that, which is that I worked with one of the coaches as well.

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

She was my first volunteer because we wanted the students to feel really comfortable with this and that, Hey look, your coach is going to go. And so she's still competing and you know, they all look up to her and they see what level she's at and what she's doing. And there's a part of the routine where she had to do a couple of back flip things on on the beam. I don't, I'm not going to try and say what they are. There's a proper name for it, I don't know. And she had to do several in a row and she, I maybe had an injury in the past with it. She didn't get into that. I just know another parent told me she had, so we did talked about it, did some tapping and she practiced just on the flat floor once or twice. And then you know, it's a gymnastics gym.

Speaker 2 ([28:42](#)):

So they have like the beam that's only two inches off the ground and the one that's further off the ground, so on and so forth. And so she did in front of the students, it took us about, I don't know, less than five minutes to fate, three minutes, and she did this routine on the beam that was like six inches off the floor and when it was done, so everyone was like, Oh, that was cool. It looks really good. And she said, I just want to tell all of you here, all of the kids sitting here and you, Jen, that it normally takes me 15 minutes to work up the courage to even try to do it on the low flat beam, let alone do it on that other one. And boom, I just did it, no problem. And I felt okay doing it. Beautiful.

Speaker 2 ([29:21](#)):

And life is different from that moment on, right? You don't go back once you've had that, that experience, right? That's in your nervous system. All right. And then, and then we come to the, okay, repetition, repetition, repetition. Let's make sure we're, we're really installing that experience permanently. In the brain. That's right. So say in our example of the jelly donuts. Yes. So then if I have a craving that comes up in the future, then I tap on it again. Oh, okay. This is a different aspect. This is a different piece of it. The other thing that I loved about your story about the coach is, uh, is that one of the, the gifts of EFT is that you, you don't need to be an expert in whatever the issue is that the client is bringing to you. Like you said, yeah, maybe you know the names of those techniques, but it doesn't really matter because it's all based on what that client is experiencing.

Speaker 2 ([30:25](#)):

And so you can work with a golfer and not be a golfer for yourself. You can work with that 16 year old gymnast and not be a gymnast yourself. Because what, what we're working on goes so much deeper than the actual presenting issues, so to speak. And sometimes it's better to not know what it is because as my friend, the major league baseball specialist with EFT, she said like, I knew nothing about this. So the PR person would come up and say, I feel doc at the plate or stuffed at the plate. There's some phrase. And she was like, well, I don't know what that means. Can you tell me what that means to you? And then she said, well then I had a different player come in. Oh a month later. And they use the exact same phrase, but I had completely forgotten what it meant. So I had to ask him, what does that mean again?

Speaker 2 ([31:12](#)):

And she said, I'm so glad I didn't know. Because to him it was a very different experience and he had a totally different meaning to it. So even if you know what it is like you think you know what it is from your perception, well that person in that energy system and that nervous system has lived a completely different life. Exactly. And they might have a different experience or perception of it. Yeah. So it's one of the tenants or the philosophies of the EFT, this idea of the beginner's mind that we have in the mindfulness approaches to, so this beginner's mind, this curiosity, this wondering and really coming with that mindset to yourself or to your client. So for all of you using this on your own at home for whatever your peak performance issue is, really just speak the truth of what you, what comes up for you.

Speaker 2 ([32:01](#)):

That's it. That's it. As you're tapping along with us. And so speaking of which, we're going to get into another area here and do a little tapping example, and we want to get a little further into entrepreneurial resistances here because anyone who has ever run their own business, no. It's kind of like being a parent. Like nothing will show you your issues more than, in my opinion, becoming a parent



and running your own business. Totally. Absolutely. Yeah. You need to be a parent to yourself. You need to be a teacher, a mentor to yourself, you run a year, the CEO of your business. It just calls on every single role to be successful as an entrepreneur. You and I both know this, we've both tapped an awful lot on these entrepreneurial issues that pop up. Yeah, absolutely. So when we were talking about phobias earlier by talking about how the fear of doing anything in your life can be kind of hold you back from performance.

Speaker 2 ([33:02](#)):

What if your livelihood depends on, you know, running this successful business, whatever your business may be and please for everyone listening who works for someone else or you're in corporate or education or medicine, there is still a component of this that will fit for you where you would like to do something better. You want to step up or somehow get a little bit bigger or do something a little bit better. And you're finding there's resistance. Now is there any way we can talk, we can do some global tapping if that feels right for you. Is there any particular mm issue opportunity that's up for you right now. And again, one of the beauties of the ft is you don't actually have to tell us what that is. We can give it like a cold name, but it might serve to focus our work a little bit. Totally up to you. We can go global or we can see if there's a specific, I know there's one I can think of. Okay. And uh, give it a name. Uh, can we just, if we're going to give it a codename, let's can we call it bigger figure.

Speaker 3 ([34:10](#)):

Okay. Okay. And

Speaker 2 ([34:13](#)):

so bigger's there, it's around you

Speaker 3 ([34:19](#)):

and [inaudible].

Speaker 2 ([34:20](#)):

I'm assuming that bigger would require you to become bigger in some way. [inaudible] okay. Yes. And when you tune into bigger right now, what, what comes up for you? What swears the intensity somewhere in your body? Is it a thought? Uh, okay. So there's both. There's thought and then there's, I feel like this hesitance, you know, like my teeth clenched a little bit like, yup. And my chest, I feel tighter in my chest area and my first thought is, Oh, it's a lot of work. Can I do it? Can I do it and still live the lifestyle that I want to live and be around for my family the way that I want to be around for my family. Yeah. Yeah. And also can I do a good job? Okay. All of that tied into one. Yes. Beautiful. So there's some self doubt. Would that be a good phrase for this piece of book?

Speaker 2 ([35:26](#)):

Can I do a good job on this? Yeah. Like am I good enough? Right. Okay. So everyone listening, I hope that you're doing this along with us and also I'm just trying to be as honest as I can, even though it's a bit vulnerable, but the guys, these are basic issues that come up with, I really don't know anyone who doesn't come up with these issues. Like, am I good enough? We all, or most of us have this in some way, shape, or form. Am I good enough? I've never met anybody, including myself, that doesn't have this surface. Every time we want to take a step into a bigger world, it's always going to be there. We're never

going to entirely remove that from our nervous system. It's just there's going to be layer after layer after layer of it. So good for you for identifying this.

Speaker 2 ([36:12](#)):

So let's all be compassionate with ourselves here as we're doing this. Everyone. Yes. Uh, so what's our starting intensity here, Jan is you tune into bigger five, maybe a six, five or six and that would be a 10 would be like I'm really, really intense about, yeah, five or six out of 10. Okay. So let's do a, a little bit of tapping here, encouraging everybody who's listening to tap along, even though even though I have this bigger opportunity, I have this bigger opportunity and I'm holding back against it in some ways. Yeah. And I'm holding back against it in some ways, right? I love and forgive myself. I love and forgive myself and honor and respect those parts of me holding back and honor and respect those parts of me holding back. We're on the side of the hand. We'll just do that again. Even though bigger's in the picture, even though big RS in the picture, I'm a little resistant to the bigger picture.

Speaker 2 ([37:17](#)):

I'm a little resistant to the bigger picture. And I have compassion and kindness for myself and I have compassion and kindness for myself, even though I have this bigger opportunity, even though I have this bigger opportunity. Okay. I'm willing to accept it as it is right now. I'm willing to accept it as it is right now. Then let's go to an eyebrow and we'll just to stay with the global, uh, resistance to bigger resistance to bigger in the side of your eye. Resistance to bigger resistance to bigger underneath your eye. Resistance to bigger resistance to bigger underneath our nose. Resistance to bigger resistance to bigger your chin, resisting bigger, resisting bigger. Collarbone, resisting, bigger, resisting bigger and underneath your arm. Resistance to bigger resistance to bigger and top of our head. Resistance to bigger resistance to bigger. Go ahead, end up breath.

Speaker 2 ([38:25](#)):

And then just tune into bigger again. And tell me, is it still a tightness in your chest? Is there anything new coming up there? Your teeth were clenching. Okay. So the teeth punching is gone and the tightness is much less. Okay. Yup. And it doesn't feel, I don't want to jump into it, but it doesn't feel, I don't feel like eight anymore. Okay. Physically, well darn. And I was really looking forward to doing a round on [inaudible]. Okay. So there's a sense of, I want to be smart about this. I'm not going to jump into it. I'm going to determine whether this is a good fit or not, but not the resistance to it. Yeah. Not the, Oh, what if I do it wrong? What if this doesn't work out? What if that doesn't work out right? That is, that feels less okay. It still doesn't feel comfortable, but it feels like, okay.

Speaker 2 ([39:21](#)):

Okay. Uh, so out of 10 was a fiber a six, where would you put it? When you tune into the whole bigger concept through, okay, great. Let's do a round on the cognitions on the thoughts that are coming. Okay. Side of your hand. Even though I have these thoughts, even though I have these thoughts that are distressing thoughts that are distressing thoughts, right? And lead to distressing emotion and lead to distressing emotions, right? I forgive myself and accept myself where I am. I forgive myself and accept myself way I am. Yeah. Even though I have these limiting thoughts, even though I have these limiting thoughts, creating limiting feelings, creating limiting feelings that are limiting my life and are limiting my life, I acknowledge the limitations. I acknowledge the limitations. Right? Last time on the side of our hand, even though I have these, uh, distressing thoughts, even though I had these distressing thoughts, there's a part of me that knows they're not true.

Speaker 2 ([40:21](#)):

There's a part of me that knows they're not true and I know they're not helpful and I know they're not helpful. Right? And it's always, you just change. If I say something that you haven't said, just change it. If it doesn't fit. Okay. Absolutely good. And so on our eyebrow, this is a lot of work. This is a lot of work with [inaudible]. I don't even know if I can do it. I don't even know if I can do it. And underneath your eye, well what if I do it, but, but my family pays the price. Well, what if I do it that my family pays the price and then make you knows? I don't know that I can have it and the lifestyle I want. I don't know that I can have it and the lifestyle that I want. I know on your chin, I'm not sure I'm good enough anyways and I'm not sure I'm good enough anyway.

Speaker 2 ([41:07](#)):

Right on your collar bone. What if it doesn't work? What if it doesn't work underneath your arm? What if I'm a big failure? What if I'm a big failure and the top of your head and everybody sees me being a Hulu and everybody sees me being a failure. Right? And let's just keep going. Do another round on your eyebrow just like the last time. Yes, like the last times. Good and the side of your eye. It's of failure. This fear of failure underneath your eye. All the yucky feelings, all the yucky feelings underneath your nose that might not be resolved yet, that might not be resolved yet. Good on your chin. Am I really good enough? Am I really good enough? Good on your collarbone. Can I do this in the way that works for me? Can I do this in a way that works for me?

Speaker 2 ([41:57](#)):

Right. And then on your, uh, underneath your arm, uh, my family would say, not my family would say no. The top of your head, who am I to go against my family's opinions, who lie to go against my family's opinions. Okay, good. Take a breath there. I'm really curious what happens now when you think about bigger. So after we finished the side of the hand tapping and we started into the points on the face, I can't remember the first line that you said, but right away I was like, no, that's not true. Oh, like right at the very beginning of going around the points and as we were doing this, I was like, mm, yeah, that doesn't feel true anymore. That doesn't feel anymore. Um, so now if I think about bigger, the only thing that held a little bit of, I wasn't sure about was the family time, but even that feels less [inaudible] because I can just do it when I want to do it.

Speaker 2 ([42:54](#)):

And how I want to do it. Keep going. I can do it when I want to. And some bronze tapping here as you're telling me I can do it, I want to and, and how I want to. Right. Well that's the beauty of being self employed is um, I get to decide. Yeah. So I still feel a little trepidation and it's more like the fear of the unknown. Now, just I haven't done this before, so I don't know. So there's a little bit of, I just don't know what to expect. What's going to be there? What do you want to tell yourself about that moves? That's, that's life, right? You haven't done that's lying there and you don't, you, there is no guarantee. That's right. Um, what do you mean what the conscious part of me wants to tell myself or with the unconscious part of me is about this part of you that is worried about, well, I don't know what's going to happen. And it was, you know, it's the unknown and blah, blah, blah. What does the yeah, the conscious part of you say back, like you won't know until you try [inaudible] and also once you've done it, then it will be familiar than it will be known. Right. There's already done it before. Yeah, that's right. That's right. If you've never picked up a tennis racket before, you can't expect to have a perfect swing. Right. Do you, have you ever done anything, uh, in previously in your life where you've done it for the first time?

Speaker 2 (44:24):

No. I was born with this degree and walking and driving. Exactly. So you have a history of success around, uh, moving into the unknown. That's right. Let's do a possibility round. Okay, let's do that. So we'll do, we'll start at the side of the hand, but we'll drop the setup as we move into the, uh, possibilities expanding. Okay. So I can, I can do it the way I want to. I can do it the way I want to. Right. And it's go to where I, and I can do it when I want to and I can do it when I want to side of your eye. That's why I became an entrepreneur. That's why I became an entrepreneur underneath your eyes. So I decide so I could decide. Underneath your nose. I decide how to balance family and work. I decide how to balance family and work your chin.

Speaker 2 (45:14):

I worked hard to create this freedom. I worked hard to create this freedom. Right? Your call bone. I'm going to take advantage of it. I'm going to take advantage of it right underneath your arm. Um, I know how to handle uncertainty. I know how to handle uncertainty. Yeah. Top of your head. I learned to walk. I learned to walk. What? I didn't know how when I didn't know how on your eyebrow. I learned to drive when I didn't know how. I learned to drive when I didn't know how Siberia I learned to how, how to have children when I didn't know how. Yeah. I'm still learning how to have children. There we go based on certainty every day. I certainly do.

Speaker 2 (45:54):

I have a track record of success. I have a track record of success, right? And, uh, on her chin. And I'm remembering this now and I'm remembering this now on her collarbone. I have freedom. I have freedom underneath your arm. I have flexibility, I have flexibility in the top of your head. I have a track record of success. I have a track record of success. Good. Okay. In a breath and then tuning back into this overall peak performance issue called bigger. What's true for you. Now, while it's still true that I don't know when it's going to be like, and there's, there is a little bit of like just a tiny bit of like a one trepidation around, well, you know, I'm going to have to create things for this and you know, have an experience that's completely new. Um, but I feel like I've put supports in place already and I also want to have this experience. Like I wanted to learn to drive, I wanted to learn to walk.

Speaker 4 (47:03):

Uh huh.

Speaker 2 (47:04):

So it's could potentially be a happy, exciting thing too.

Speaker 4 (47:10):

Oh

Speaker 2 (47:11):

yeah. Beautiful. So let's just tap in some of that happy, happy, excited. I'm on the eyebrow. Excited, excited. Good side of your I get to create, I get to create underneath your, I get to have a new experience. I get to have a new experience. The neath your nose. I've put supports in place. I've put supports in place. Your chin. I want to have this experience. I want to have this experience good under a collarbone. Just like I wanted to drive just like I wanted to learn to drive good and underneath your arm.

Look what that did for my life. Liquid that did from my life. Go ahead and the top of your head. Happy and excited. Happy and excited. Good. And then let's just do a final, a final test on the presenting issue. As you tune into bigger now in your relationship with bigger [inaudible] zero to 10 where would you put the, the intensity around it?

Speaker 2 ([48:12](#)):

I would say it's a zero or maybe, maybe there's like point something [inaudible] nice, but it's really, it's more just a natural truth of I haven't done this before, so there are going to be some things. I don't know, that might feel uncomfortable because I don't know. But it also feels like it's a risk I want to take. Yes. Beautiful. Beautiful. And so then, you know, if we were in a coaching arrangement, then the next piece would be looking at, well what is the first step toward this? And then dealing with any resistance that pops up around that first step. So taking this step by step, by step, by step all the way along, calming and regulating the nervous system in the face of that next step. So like taking the action and, or looking at the to do list [inaudible] [inaudible] but it's a very different, um, it w w may not be a different action that you take after the topic, but the person who is taking the action is very different.

Speaker 2 ([49:20](#)):

Right? They're taking it with a different energy and that makes all the difference in the world. That's right. All those emotional tethers [inaudible] aren't there anymore. Absolutely. Oh, so that was good. So for everyone listening, how was that for you? How did you find this version of silver tapping? And do you feel like you can take this and you know, listen to this or those two people we had told you about before and apply it to what you want to achieve to areas where you'd like to perform better. [inaudible] do you feel like you can use this a little bit now and just start playing beautiful. And I just, you know, I, I'm just compelled to share the secret about bigger Jen, uh, that I know that this opportunity that you're looking at is really to start a franchise making jelly donut, very Elena, really big steps into buying my own manufacturing company and I'll be your first client.

Speaker 2 ([50:24](#)):

Okay. So for listening now we've had these beautiful examples of ways to apply this silver tapping where you're tapping along with us in your life with regards to cravings, with regards to how you're performed with regards to how you feel in your body and your pain. So what comes next is Nancy and I drum roll are going to start talking about what happens in goals tapping. We certainly are. Yeah, we're gonna hit it. Finally everyone gets to home base. They can tie the whole picture together and we're going to tell you more about how you can integrate that more into your life.

Speaker 1 ([51:05](#)):

So what did you think about this one? Did you enjoy the tapping that Nancy led me through? Do you feel like you can take this now and apply it to your own issue? Like listen to what we were tapping on but tap for yourself and your own issue at the same time. Are you starting to feel as we do more of these examples, like you have a really good taste for how you can start moving this a little bit more into your life and that's what this conscious EFT is all about. Really building a foundation and then taking the next step from there and the next step from there so that you feel very solid and very safe the whole time that you're gently introducing this into your life. And as we just said at the end of that lesson, you are going to love what is coming up because we are going to start of course introducing to you what is gold standard and how do you now apply this in what you do if you're someone with works with others or not, how can you start using this and applying it with what you do in your life?

Speaker 1 ([52:09](#)):

So stick around for our next lesson. I can't wait to get into it with you and keep us updated on what's happening with you and we'll see you in the next lesson.