

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

Hello everyone and welcome to our final episode of introduction to conscious EFT. It has been such a joy recording and bringing this to all of you and being with you and tapping along with you on this journey. So thank you so much for bringing yourself to this and for, you know, changing your life and your world through the work that you're doing. Now in this episode, Nancy and I started off by talking about, Hey look, it's the end of this series. What comes next? And so we get into how do you bring more or integrate the bronze into your life after this series is over and how do you bring the silver into your life? What resources can you look for in that? And then how do you, if you want to, um, pursue gold standard training, how do you bring that into your life?

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

Those examples we've been talking about how to integrate it. So to that end, we get into how to use gold standard in all of those areas of life we'd been talking about through the series. So we get into quite detailed how to use it in mental health or the therapeutic fields, all the ways that if you're a mental health practitioner, you use the different types of therapies, the CBT, the EMDR, et cetera, how to integrate EFT into that. Then we talk about the medical profession and the paramedical professions and how EFT can change your, your results with your patients and help you give them something to do in between visits where they can be regulating their nervous system and all of the ways that that affects their health. Then we get into coaching all of the different coaching in every different realm. Uh, coaching, outright, sports coaching, life coaching, business coaching, health coaching. It goes on and on and the ways that EFT can be integrated into that to get better results. And we talk about using integrate, integrating EFT into anywhere in the education system and anywhere in the corporate world and anywhere in the entrepreneurial world. If you run your own business. So it is chock full of how to use this and keep bringing it into your life even after this is done. So I won't keep you a second longer. Let's get into this. Shall we

Speaker 2 ([02:32](#)):

welcome back everyone to our final lesson of introduction to conscious EFT. We are your hosts. I'm Jensen Surak and Nancy Forester, and I can't believe this is our last episode. No, please tell me it's not. So we have had such a fun time recording together and in this final lesson or episode, we promised you last time that we are going to teach you how to use each step that we've been describing along the way and how to start bringing that into your life. So we wanted to start with, okay, we've learned what a bronze tapping is and we've utilized it really well and really beautifully. Then silver tapping utilizing it. Well then we briefly told you what goals happening is. So now where do we go from here, Nancy? Yeah, that's the question, isn't it? Where do we go from here? So I think where we start is, let's, let's talk to our listeners first about this.

Speaker 2 ([03:32](#)):

The concept that this is a, you know, personal growth evolution is an ongoing lifelong topic and it's not a one and done kind of a thing. And so the first place that I would say people go from here is to continue what they've been doing with their bronze and their silver tapping and the resources that we've shared around bronze and silver. It's very powerful and to just continue, it's almost like taking the edge off, taking the edge off, taking the edge off. And I know one of the ways that people could continue and get enormous value is a program that you have available. Jen, do you want to just say a little bit about that program and how people could investigate that option? Sure. So like Nancy saying, you keep doing your

bronze tapping and you can keep doing this silver tapping and we have referred you to a couple of people whose work we really know they stand behind and will be responsible for and support you.

Speaker 2 ([04:33](#)):

In addition to that, if you want to keep doing silver tapping in specific veins, I have already created and have had lots of people run through a financial or a money mindset wellness course. So it's like the silver tapping you've been doing, but each of the days of this course are specific to a typical limiting belief that comes up around why you can't have more money in your life. So for those of you who are looking to break into a new level in your career or you keep hitting a glass ceiling, so to speak, around your finances, that's what this course is around money mindset, right? [inaudible] and it's so important. I mean, in your program, people really get to look at what those limiting beliefs are and bring those to awareness is what I call conscious manifestation. Um, because you know, all of us who have struggles with money, we've tried all kinds of different things at the, at the level of consciousness that we're at with various degrees of success.

Speaker 2 ([05:38](#)):

But if this is an ongoing issue, then as we've talked about, there are some sort of limiting, conditioned, sabotaging beliefs that are at the core of this. And if there's going to be significant and sustainable change, then something has to happen with those beliefs. And that's where your program comes in so beautifully, Jen. Yeah, absolutely. And I wanted to say listening to you, um, use those words that I wrote the program and, and shelved it for a little while and I ended up releasing it again when I did it myself. And it had been long enough from creating it that it was all fresh to me and it was so useful, really, really useful. And I want to share with everyone that it's another form of silver tapping, just like we did the food cravings and we did the pain and we did the success tapping right in our episodes leading up to this one.

Speaker 2 ([06:33](#)):

And just like we did the food craving tapping, and we all know technically that we should eat the broccoli, not the French fries, right? We may be, no, well I should or shouldn't be using, uh, this, I should be spending money this way or I, this is what I should be doing to grow my business or to take the next step in my career. But it's those subconscious resistances that we have to work on that you sometimes don't know you have. And that's what this program is about is taking people who want to keep pursuing that silver sort of tapping and using it as regards growing their income. Now having said that, we want you all to respond to us because we want to know where you want to go next. And if you really like the idea of doing more of the silver tapping respond either in our Facebook group or you can email us back to that, you can let us know, well this is what I really want and Nancy and I would be happy to either figure out a way that we can accommodate you wherever you are in the world or refer you to someone we know who has excellent material already created.

Speaker 2 ([07:40](#)):

We know you can implement into your life. Yeah, absolutely. And just to remind people that there is such benefit in doing this in community, in doing it in a group, the energy of the group, this synergy, the borrowing benefits is so, so powerful. So first you can keep doing the personal work, you can take some programs that are kind of silver tapping programs and then Nancy, what comes next? What if I am working on an issue on my own and it's too big, I can't crack it. Yeah. Well then you've, you really want to look for a practitioner, but you want to look for a practitioner that, you know, the quality of the

training that they've taken. We're in a bit of an awkward situation in EFT land at the moment because, because as we chatted about in our podcast, it's come up through the grassroots.

Speaker 2 ([08:32](#)):

And so there are people who've taken a weekend workshop for example, and then hung their shingle out as an EFT practitioner. And quite frankly, they're, they don't know enough about the human biology and, and how it works to be able to keep you safe as you're doing this work. And so just really take your time and investigate you. You want to have a credible source. So one of the places people could find a, a certified and accredited practitioner, for example, would be to go to the Neff day, the national EFT training Institute, a.com [inaudible] dot com and we have a practitioner directory there. And uh, and you can scroll through the profiles and just begin to educate yourself on what a really safe and well trained practitioner, uh, looks like. But by all means, it's, uh, you know, I have a practitioner of my own that someone that I go to because you just can't see your own blind spots.

Speaker 2 ([09:30](#)):

So the, the bronze and the silver tapping, wonderful. But when you really want to get into what's driving your nervous system and get to the places, uh, that are, that are really holding you back, having the assistance of a, of an independent, caring, observer, person, nonjudgmental, all those beautiful qualities, uh, is incredibly powerful. So I encourage people to, to just be cautious, uh, trust, uh, trust their intuition, trust their feelings, a duvet consult. Call with a practitioner. You know, most ethical practitioners are going to offer you a 15, 20 minutes of time free to just investigate the fit between the two of you. Uh, so trust what your gut says about working with that person. But yeah, the, the benefits of working with a practitioner are huge. Could you, did you support that Jen? I do. Um, and the, the audience, you all know this in a previous episode how one of my blocks is, well, I don't want to tap on this by myself cause it's so much better when I'm working with my practitioner.

Speaker 2 ([10:31](#)):

Exactly. So, uh, that is something that I definitely promote and the experience of working with someone when they are able to reflect something back onto you and the moment of how could I not have seen that is there, but also inside that moment is so much, Oh, thank goodness this really kind and compassionate person was here to point this thing out to me that was giant and in front of my face all along. Because the biggest gift that working with someone else can do to you is that they don't live in your head. That's right. Right. Exactly. They don't see the world the same way that you see the world. They're outside your paradigm. And of course it's your paradigm that's keeping you stuck where you are. And that's right. So they can be so easily be the mirror to show you, Oh, Hey look, you just told me this.

Speaker 2 ([11:20](#)):

Do you see? And then you see it. So it is really a wonderful experience. So then in addition to doing our personal work, taking a course where there's silver tapping and reaching out and working with someone else. Let's say I'm a listener to this program and I am a therapist, or I am a medical practitioner. I'm a leader somehow in my company or school, and I want to help others use this. What do I do? Right? It doesn't take long before we get to that place. It's like, wow, this is being so powerful for me. I want all the people that I care about to, to have a piece of this as well. Uh, and so whatever role you're playing, as you say therapist or coach, that there's um, let's talk to people around how they would actually get professional training to be able to bring this work into their communities.

Speaker 2 ([12:11](#)):

So Nancy, can we talk a little bit about how each of these areas can use this training and then how they get the training? Like this is why it would be useful and this is what you can do is the impact you can have. Yeah. So why don't we talk with a whole therapeutic mental health community first. Who are, who are already, maybe they're training to become a therapist or maybe they're already in the field with active practices. But what's the benefit of a professional training and emotional freedom techniques, energy psychology. The thing that I want to talk about the most is, is how beautifully this integrates with other therapies that are currently out there. Because we're all working with energy all the time. And because EFT works very, very closely with the energy stream in the body and the mind and the whole field, it really super sizes the impact of all the other good therapies that we have out there.

Speaker 2 ([13:19](#)):

So some of the favorites for me that I'll just mention, one of them is EMDR, eye movement desensitization reprocessing. Uh, Francis Shapiro was the originator of that. And EMDR is actually an energy therapy in itself. It does involve a little bit of tapping and involves eye movements working with integrating the different hemispheres of the brain and so on. The challenge with EMDR is that oftentimes, uh, it's difficult to titrate the dose that sometimes the nervous system can actually get overwhelmed with what it's being asked to process. And so when you integrate EFT into EMDR, sorry about all the initials that's gonna get worse before it gets better, when you integrate this entire alphabetic vocabulary, what happens is EFT comes in and helps to, to just, uh, titrate that dose a little bit better, to increase the safety of what's going on. And then of course what's happening in the world today is as so many people are discovering EFT and finding benefits in EFT, they're going to their EMDR therapists saying, look, can we do the EFT thing too?

Speaker 2 ([14:35](#)):

Or look, you know, is what you do the same as this tapping piece. And so the EMDR therapist that I've been talking to really find enormous value in the integration of a gold standard EFT with their EMDR therapy. I want to add in that my, uh, a friend of mine who is a licensed psychologist wants to learn tapping to integrate it into her EMDR practice because patients are asking her, can I do some of this at home? I go, I want to do this tapping part of EMDR at home. And this is why she wants to learn the tapping so that her clients have a safe way to do something at home. Because as she knows, she can't just send them to do EMDR on themselves. Right, exactly, exactly. And so it's the same, you know, the other, a system that is very close to my heart is the whole family systems approach.

Speaker 2 ([15:29](#)):

You know, back in the day I was tremendously influenced by one of the first family therapist. Her name was Virginia Citier and she really was coming from an energy perspective way, way back in the day. And so she was my introduction to the whole idea of systems, seeing the family as a system that you don't have mom, dad, child a child B, all working independently. There is a synergy in the system. Every part of the system affects every other part of the system. And of course that's not just families, that's individuals too, right? As individuals, we all have these separate parts that impact and influence each other. And so in the, in the field of family systems work, uh, one of the predominant therapies this day is called ifs. There's another three letter word for you, internal family systems. And when you integrate EFT with an internal family systems approach, then you can actually bring the tapping.

Speaker 2 ([16:33](#)):

Now we're talking gold standard tapping. Although you could use some bronze and silver here too, but you bring the tapping into each individual part of the system to deal with what the stuckness of that part of the system is. And as you release that stuck stuckness, then the system, the entire system is freed up to take on a whole different way of being. So tapping on one part of it influences the entire system, which is just so exciting to see all these little cogs begin to move in a more harmonious and beneficial way. So your saying that, let's say there's an issue going on in the family and by tapping on one part of the system effects happened to the other people in the family. Absolutely. All the time. 112% Oh that's so cool. So, so, so, so I could be tapping on issue even though I'm not, I'm grown up have my own family.

Speaker 2 ([17:33](#)):

I could be tapping on issue with my mom and suddenly I noticed changes with mom let's say as an example. Yes. Or you notice changes with daughter. So it can go one generation to the next way. Is this ever juicy? It's really juicy. It is. That's why I say so close to my heart too, because w because systems are systems, they exist. There's nothing that isn't a system. And then EFT brings in, everything is energy. There's nothing that isn't energy. So bringing those two truths together just gives a, an enormous power in the therapeutic office. It's a home run, it's a home run. And so then let me just throw in a couple more, um, alphabetical words. Uh, because EFT integrates so beautiful with CBT, cognitive behavioral therapy, which looks at, you know, it looks at the cognitive, the thinking, the mindset part of things as well as the behavioral part of it.

Speaker 2 ([18:31](#)):

But it doesn't really bring in too much around the body and around the emotion and around the sensations and the imagery like EFT does. So the integration there, the therapist that I've worked with who are integrating EFT into their CBT practices are finding enormous growth. And, and relatives who spoke with a therapist last evening who did her certification journey with nefty and uh, and I was doing a mentoring call with her and she just said, you know, in my private practice these days, every, I'm just using EFT all the time because of the speed of the transformation that I see in my clients that I didn't see before I was using EFT. Uh, and then the other one I would just like to call out and mention that's really, uh, beginning to get more and more acceptances. The whole idea in the therapeutic world about compassion, particularly self-compassion.

Speaker 2 ([19:33](#)):

So there's a lot of therapies that are being evolved around this, right? Um, there's one called act act, uh, acceptance and commitment therapy, which has a great deal of compassion built into it. But in my mind, integrating EFT there, uh, again, speeds up the process, really clears the blocks. My belief is that we are created as compassionate beings and it's just the conditioning of life that begins to cover up this heartfelt compassion that we all have. And so using EFT to clear those conditioning blocks really allows us to get to the self compassion, the compassion for others, uh, in a safe and really sustainable way. So that's my alphabetic approach to integrating EFT with, with the, the current therapies that are out there right now. Okay. So then I am going to step in and say for everyone who is a healthcare practitioner, how can you integrate this work into your practice?

Speaker 2 ([20:39](#)):

So I'm going to go through a handful of them. So first off, straight up, if you are a medical doctor or practitioner and you've seen patients all the time, whether you're a specialist or a surgeon, you can use

this team, this technique, you can introduce the bronze, silver tapping. You could even have them take this course. You're just finishing off here so beautifully. Think about how amazing it would be if your patients had calmer nervous systems before you did an operation. Or if you had to convey a diagnosis or not even anything that terrible. What if they are just coming to see you about something that they just happened to be worried about or a parent taking their child's in for, you know, we know how worried parents can be about their kids. So think about all the ways your patients, how much easier your work would be.

Speaker 2 ([21:33](#)):

Not just you taking the time to having done this work and be more regulated yourself, but how much further you can get with your patients. And also you see, and I'm talking to every kind of healthcare practitioner you see and you know all the ways that stress can affect the adrenals and it changes the cortisol levels and then that beautiful but also crazy and complex system of hormones that are then affected. And now we're getting into epigenetics and we know how we get snips and changes in those genes and what that's having an effect on for the rest of this person's life. So, and we have studies of EFT showing how it can change those epigenetic shifts and decrease the stress, etc. Etc. So like what an easy way to bring this into your practice. And it's a take home, self applied method. Boom. There you have it right there.

Speaker 2 ([22:25](#)):

Like how much easier would it make your practice? So if you're a dentist, Oh my goodness, Nancy and I have a good friend who's a hygienist who's in this world of EFT and she's just waiting to retire in a year to unleash this upon the droves of patients she's treated over her lives who have severe trauma and fear, intentional fear. She is so, so in demand. And you know, it's, she's just, she just can't see because she's got a full time I Genest profession. Right. She can only do a little dabs and dabs, but it's like I can't wait to be able to refer to her. Yes. And so everyone out there who works in the dental field, I hope you're all nodding your head. [inaudible] yes. Like we don't even need to say more about that. So I am an, I'm a naturopath and I've seen patients, but I want to speak to naturopath and chiropractors and massage therapists.

Speaker 2 ([23:19](#)):

Think about again the hell's or tens or tightened or stressed energy that you treat that you see and how amazing would it be even if your client or patient was just doing some bronze tapping through the week, how would that change your, like if you're the chiropractor who sees the same stress pattern in this person over and over and over again and using all the machines to help them calm down and say, look, these headaches are never going to go away if you don't change some things about your lifestyle. This is your way in. This is a way that you can do that. For all of those using physical therapies with people and as the naturopath, it's very similar to the MD in that you know, we're helping people with chronic issues and helping them regulate their hormones and whatnot in this just moves in. I can say this from, from personal experience, I sometimes don't have as much as I should know, they still by heart, but like everyone else in the world.

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

In January of this past year, I've decided I'm going to tap every day. And for January I did and it was amazing. And boy, can I tell you, I had no PMs. It was amazing what my hormones were doing. And it doesn't matter how much I preached this stuff to feel it in my body was. So, it was very funny. But it was

also amazing. So think about how you can use this in your practice with your clients or patients as a medical or a paramedical practitioner. And it can be so simple, right in a, you said a little while ago, Jen, that you could just have your clients, your patients and do this product podcast programs so that they, you don't even have to teach them how to do it, right. They can learn it. It's so simple. They can learn it themselves and, and begin to integrate this in their life.

Speaker 2 ([25:10](#)):

Or you could just teach them basic bronze tapping that takes like all of 15 minutes to teach them this. And then that becomes an expectation. You know, they're there in your waiting room and what they're doing while they're waiting to have their session time with you is they're just doing bronze tapping. So they're regulating before they're actually coming in for that massage or that adjustment or that conversation consult with you. Uh, so there's a lot of very simple ways to bring this in for the, uh, uh, medical field. Okay. Awesome. Awesome. So what about the fields of coaches? Ah, certified coaches, certified coaches. There's all kinds of them, right? There's executive coaches and business coaches and transformational coaches and lifestyle changes, health coaches, weight coaches. We could go on in here forever and ever, but no matter what kind of a coach you are, you're working with human beings.

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

Oh. Unless you're coaching animals, which by the way is also a great, great field for emotional freedom techniques. But I'll stick with humans for the moment. So you're working with human beings and by definition, those human beings have nervous systems. And by definition, those nervous systems have been subject to painful events and traumas in their life where the threads of those events are impacting on the today's experience of your client. And so we guardedness of what kind of coaching you're trying to do in order to get the change and meet the goals, the results your client is saying they want. If you can expand your ability into a more holistic approach, which includes the cognitive, yes, includes the behavioral, but also can hold the emotional and the energetic truth of that nervous system, your ability to get results with that client are going to skyrocket and your client is going to have a much more delicious experience with you in the process because they get to praying all of themselves to you.

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

They get to be seen, they get to be heard. There's nothing that they're holding back. And you know, one of the delights of my, uh, my life is that I've, I've always had a foot in the therapeutic field and a foot in the coaching field because I didn't never see them as being two very separate pieces. I see them as each being incredibly valuable. And so I've always hold this perspective that the overlap between the therapy and the coaching field is where the real excitement and the real growth and the transformation happens. And so I'm really thrilled to bits to see what's happening in the coaching field these days that we have a lot of uh, coaching organizations now expanding to this understanding of, wow, there is such richness to be found as our coaches are actually learning how to do these energy techniques. Learning how to focus on the nervous system, learning how to keep somebody safe and, and how do we really sustain a SIG, a significant change in life.

Speaker 2 ([28:36](#)):

You know, in my own life, I have so many examples of my coaching colleagues who have forced change, right? They'd been working with a business coach for example, and it's like, ah, you know, I want to make \$1 million. And so they do what has to be done to make \$1 million and then the next month their relationship falls apart. I just had a recent one where someone did exactly that. So gung ho on building



their business and they reached the million dollar Mark and two days later they fell and broke their ankle. Is that a coincidence? [inaudible] so in the expansion in his coaching field, we can hold that whole person, uh, in a way which is, uh, so incredibly valuable. Fantastic. Thank you. Um, I hope that everyone who is listening to you who does coaching of some sort is feeling the excitement of just like we're talking to the therapist and Oh my goodness, you can make your CBT works so much more quickly.

Speaker 2 ([29:39](#)):

You can make your coaching so much more effective. And it's one of the beautiful things about EFT is that it's not a selfish therapy that will only be effected if you use it in isolation. You can integrate it. Absolutely. Absolutely. So then, Jen, I know you have a real passion for the business and the corporate field. Where do you see the possibilities there? Oh, so many places. So you know that this is where I prefer to work and I like working with clients who are either entrepreneurs or executives and and this can be used inside the corporation. Let's start with a, it doesn't matter how, where you are in the corporation, you can use this for yourself to help yourself out. And I've had many a client in Nancy. You've been doing this way longer than I. You've had many, many, many, many a client whose career trajectory completely changes after having the chance to work with a practitioner and use this for themselves and train in the modality.

Speaker 2 ([30:43](#)):

If you are in a position to influence or to lead inside your corporation, then you can bring this to teams and there's so much here related to the bottom line because we know from tons of studies that people who are, who have a greater sense of happiness and satisfaction and who are more calm take less sick days, which that in itself is billions of dollars of savings. We also know that you negotiate better. What would your business look like or your team look like if they were better negotiators with each other and outside of the group. We also know that you have access to all of your creativity. So when you're coming up with ideas and spitballing and solution finding, how awesome would it be? How would it affect your bottom line if you, your team, everyone you influence, maybe you're at the top of the company. What if your entire company was more regulated and more creative, which then brings me to decision making happens much more easily, much more concisely.

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

There's more clarity. Again, when you have that common nervous system and you have access to the parts of your brain that are not on board when there's stress happening. So what would happen to your bottom line if any of these, even just one of them were improved. Right? And we, you and I have seen this, like I've seen clients of mine win awards, get promotions, get raises. Like people who are really in a crisis at their, at their work no longer be in crisis anymore or they chose to leave. Like they knew it was time to leave and then they moved into the right place for them. Yeah, exactly. And the one that you didn't specifically mention, which I've done a lot of work around his conflict management with employees, so how much productivity is wasted when employees are in conflict with each other and what if we could use this simple strategy to help to mediate that conflict in ways that you recapture all of that energy and Kip focus it toward the bottom line.

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

And this is another one of those ways that EFT integrates well because if you have say an employee wellness program or an employee like positivity program, this is where EFT really sets that on fire and makes it way more effective. And conveniently just before Nancy and I are recording this giant company



in Canada, Deloitte published a study of their own first time this has happened in Canada and the point of the study is not the return on investment in workplace mental health programs. They've found if you take it a step up, that it's good for the people and it's also good for the business, meaning the bottom line, uh, you know, a simple approach would, would be to have a, a wellness program, which you know, teaches meditation and mindfulness and a bunch of other regulatory strategies, but which integrates EFT into it because it's something your employees can do wherever they are, no matter what, uh, what they're doing.

Speaker 2 ([33:58](#)):

Uh, but even on a bigger level than that, what we're finding and what this Deloitte study is suggesting is that, uh, it's the return on investment is going to be even greater if you take it beyond that entry-level wellness program approach. And so the organizations that I've worked with that have delegated, uh, or dedicated the funds to hire a coach or a therapist who actually works as a gold standard practitioner and the return on the investment for that organization, not just in terms of employee happiness, but in terms of the bottom line has been outstanding. So that's a, that's a possibility too, that I think we're really moving very quickly toward having dedicated staff members to support this work with employees. Yeah. This study shows that you're actually getting double the money back over double the money that you invested. Yeah. That is a pretty darn good return on investment.

Speaker 2 ([34:55](#)):

Absolutely. So I want to bring this into now the world of entrepreneurship as well when we're talking about businesses, because think of all the different ways for people who are running their own small business or small company and how can they use this. So I have a handful of friends who are financial planners and whenever we have a chat, they're like, Oh, my client's needs you. Yes, yeah, I need you, but my clients need you. How amazing would this be if my clients could use this in their lives and feel that calm? And then they would be able to connect with what they really want to make the goals that we're going to make towards together. And then they also would be able to stick to it. And not as we were talking about earlier, the ways that we may be spend money, we're spending money emotionally, let's say just like we did that whole episode on eating emotionally so they would love to use it, but just inside of a small business, someone running an internet business say they left their job and they're running an internet business, everyone knows that entrepreneurship is a crazy, crazy day full of ups and downs.

Speaker 2 ([35:57](#)):

Imagine if you could keep yourself calm enough so that you had all those same parameters met we just talked about like better decision making, better negotiating, better creativity, better conflict with the people you're contracting with because maybe you're not doing your own website. Maybe you're hiring that out or maybe you're collaborating with people or maybe you're affiliating with people. So think about how much better this can be for you as a self employed individual. Maybe you're getting the business coaching you need and you're getting, you know, taking the specific courses to get ahead with your business. But what about, you know, managing all of the emotions around, Oh my God. Running everything in your own business. Yeah. I worked just yesterday with an entrepreneur who's just starting out and Oh my gosh, she has such brilliance and so much to bring to the world. But when we started our session, uh, she shared that, you know, I'm taking, I'm paying a lot of money to do this business coaching with this business coach.

Speaker 2 ([36:54](#)):

Uh, but she said, I'm stuck. I can't even get myself to open the manuals. I can't get myself to even do the first task. I'm so stuck. And so that's where we started. We just started with stuckness. And it was astounding where that session went at, what was underneath stuckness for this particular client and how releasing that then freed up her energy to, to become excited about the possibilities and the potential. She ended up with so many marketing ideas. I couldn't believe it. She just couldn't wait to get off the call and go start to implement some of this stuff. And then, you know, my, my own heart with entrepreneurs is in the boundary setting between work and family because I just see so many entrepreneurs. There's, they're so impassioned by, by what they're doing, by their mission, the message that they want to bring out to the world.

Speaker 2 ([37:52](#)):

But it's such a struggle for them to, to set the boundaries and to be able to put that all aside. And, and I see it impacting their families in ways that, that aren't good for anybody but particularly if there are children involved. And so bringing EFT in as a strategy to be able to set boundaries and to, you know, to firmly say to your business, no, that's enough for today. Now I need to close the door. I'll be back tomorrow eager to see you again. But now I need to go and put my energy into my family. Thanks for bringing that up. That's a great point. Great point. Um, and then there's one more area that we wanted to touch on to tell all of you listening how you can use this beautiful gold standard tapping to bring it to more people. And that is for educators of any sort and at any level.

Speaker 2 ([38:41](#)):

So Nancy, as a former educator for a couple of decades, I'm going to let you take this one. I would say I'm, I've always been an educator. That's true. Fair enough. Fair enough. But the levels, the levels and the topics and whatnot changes, you know, it is so exciting to think about this work going into the educational system and the teachers that I've supported continue to support over the years who are cheerleading this in, in their classrooms or if they're administrators in their schools, in their systems, and seeing the results, not just in student performance, like the stats, the research is all there around how EFT impacts student performance. But what really gets me excited are the statistics around student anxiety and student depression and the serious serious stuff like the, the anorexia issues, the suicidal issues. We have to find a way to help these young people out and the strategies as well intentioned as we are, the strategies that we've been using that just aren't working.

Speaker 2 ([40:04](#)):

And so when we have something which is so simple, so concise, so easily usable, right, that you can teach your students so quickly, you can bring it into your classrooms, uh, administrators, it, it can have a professional development day and start noticing changes the very next day. So that, that's very, very exciting. Now, the, the piece that I get from educators, call it resistance or call it whatever you want to do, but what comes up when we have this conversation, it's the standard line. I'm not a therapist. And so if I could just take a minute or two to speak to that issue because no, you're an educator, you're not a therapist. And it's this, this concern that educators have about not going where they don't belong. And I celebrate that, right? Educators by and large aren't trained in, in trauma or, or how trauma's impacting on the clients in their classroom.

Speaker 2 ([41:08](#)):

So we're not talking about that approach. We're not saying, you know, sit in and tap with that little child who's in the middle of a trauma that needs to be a referral to someone who is trained in that approach.

But as you take further training in conscious CFT, the way that we teach it here at the national Institute, you get crystal clear about where that is and about what you can teach that little child in the corner and how to know when the referral needs to come to someone who is more practiced and does this as a living. And that that really in my mind escalates your value as an educator. Even just knowing, uh, the phased approach that we talk about knowing where bronze and silver topping is, is so powerful. Knowing when to, to be referring to two gold standard approaches, uh, using, using conscious EFT for yourself, uh, in the educational field.

Speaker 2 ([42:13](#)):

I really see it a bringing of fairy, very powerful intervention in the moment, uh, that you can use. You know, you've got to a classroom which is totally dysregulated because somebody is, or this is my experience. Somebody just threw up in the corner. Keep tapping if I'm triggering anybody. But you've got a whole classroom who's dysregulated because somebody just threw up in the corner. Well, this is a strategy that you can actually use right in the moment. Uh, and so I really encourage educators to have a look at, at doing further training. Uh, in conscious CFT. I've seen the work, um, myself and you know, we have some colleagues who do this a lot for schools. So think about it, teachers, I mean, you know, just from us saying this little bit, all the ways that it could start changing students being open. Like we said, if your creativity is there in your decision making, in your clarity, is there, how will your students be when they're taking in?

Speaker 2 ([43:11](#)):

I mean, there are lots of studies showing increased marks and less exam and test anxiety. The list goes on about all the ways this is helpful for the teacher and the student. Absolutely. So what I'm wondering now is, Nancy, can you tell us about how to take the next step in learning about the gold standards so that we can apply this to our world? Yes. So here in Canada and beyond our borders, we, uh, at the national EMT training Institute, we train the gold standard embedded in a framework which we call conscious EFT. And so consciously of T is trauma sensitive. It's trauma informed, it's a phased a paste system which really looks for safety first and foremost. And you know, as passionate as, as I've been about EFT for years and years and years in its early days, we didn't know an awful lot about trauma.

Speaker 2 ([44:17](#)):

And so you'll still find EFT professional trainings out there that haven't been updated up level that haven't built in this concept of safety in the nervous system. So that's why I would encourage people to, you know, whether they're going to take training with nefty or training somewhere else to really be consciously looking at the safety aspect of that. Uh, and, and so with, with conscious of it is first our focuses on safe, significant and sustainable change. And so we approach this in a very, what I call a layered approach, sort of like little nugget by little nugget, by little nugget, by little nugget because the training itself has to make sure that the nervous system is taking the training, aren't being overwhelmed with the amount of content and all of the good stuff that's going on. Now, Jen, I know you've taken the training, so does that fit with your experience?

Speaker 2 ([45:18](#)):

It does, and I wanted to share with everyone that if as you've been taking this course, you know episode by episode or lesson by lesson, you may have noticed that each one gives you a tiny piece and it's a safe piece, like a manageable piece and we keep bringing it back to doing it at the level of your comfort or continuing to tap until your number is low enough that you can move on. So just continually being

respectful of you and your nervous system and where you are. And having taken Nancy's neftly training for the gold standard, I had already learned EFT. I was kind of self-taught because I rediscovered it as we talked about in our free intro courses. I rediscovered when I was on maternity leave and so I had read all the manuals and listened to everyone I could online and taken all the webinars, et cetera, et cetera.

Speaker 2 ([46:07](#)):

Finally, when my kids were old enough I could get out of the house. I thought, well I don't do, I really need it. But I had connected with Nancy. I really liked her and I honestly showed up last minute. If you remember Nancy, I made the decision like the day before or something and I showed up late and you were like, it's okay, it's fine. And you know, I went to school from the time I was five until I was 28 before I graduated, and then have done endless continuing education courses then since then. Right. But by far, by far, by far, and I'm such a piggy student. This was my favorite class ever and I was so aware of the whole time. For me, the most interesting part wasn't the material because I knew the material. It was watching how Nancy was teaching and the way she was interacting with people and just seeing how she was able to meet each person exactly where they were, both intellectually but also emotionally like being the support for them.

Speaker 2 ([47:03](#)):

And everyone, you know, when you're doing this training, there are a lot of people coming from different places and there are a lot of different intensities going on. And I just was so impressed at the mastery with which that was happening. And when I was done the training, I was floating, never have I taken a training that they made me so happy. And I, in addition to doing all the very biological sort of trainings, I had done lots of fun, interesting, you know, energy training and energy medicine training and tons of that sort of stuff. But this was different. I felt amazing after [inaudible] and I felt so inspired to do the tapping, you know, it's half every day. Uh, so if you have fells, you know, that rhythm and cadence that I have noticed recording these with Nancy and then getting to edit them where we're just building one tiny little piece on top of the next.

Speaker 2 ([48:06](#)):

That's exactly what it's like. It feels that safe and that natural when you're taking your gold standard with Nancy and through neftly. Thanks Jen so much for those words. Like gosh, they just, they meet a ton to me because I have such great respect for you. So hearing you speak that way. Thank you so very much. Uh, and, and maybe I should just say a quick word to people. So the foundational training that is where you take what we call your level one and your level two accredited training at to you. We call that the discover training. That's very valuable in itself for people though what happens very, very often is people get a taste of this in the discover program and they want to go further. And so further would mean that they actually enter into a, a longer process with a number of standards criteria that must be met to become an actual certified EFT practitioner.

Speaker 2 ([49:05](#)):

So, you know, if people are interested in that, I just want them to know that it's not such that you would take a discover program and all of a sudden put your shingle up. Never having worked with people before and call yourself an EFT practitioner, that there that there are very clear standards, uh, and professional ethics that are required to be certified as a practitioner. So listen, everyone, we have loved, loved being part of this journey with all of you and we are so open to helping you, whether that's us helping you directly through what we offer or helping you find the right course or person, how to bring

this into your life and make your life in your world's a better place. We are so grateful that you chose to bring this into your life and that you're choosing to really change the world through the activity and through the action you're taking from just having participated in this course.

Speaker 2 ([50:04](#)):

And use this method with yourself and you have all of the links below as to how to access more of this by all means. So I'm quite an experienced practitioner and I've been doing this for a while and, and I recorded all of these with Nancy and then I edited them and I was still learning. So please feel free to back this on up and listen again and listen again and get, get the most that you can from it or give it a little break and listen to it again in a month or so and see what's different for you and how you can implement it differently. Yes, well said, Jen. Uh, and I just echo your gratitude for our listeners. Uh, it means the world to me that you would take your precious time and your precious attention and your focus and you would gift us with that.

Speaker 2 ([50:53](#)):

Uh, and I, I really, really hope and trust that, that we've added value to your life and that you've enjoyed the time that we've spent together to wishing everybody no matter what the next piece is in your journey, just wishing you well with it. Uh, and if we can be of assistance, that would be awesome too. So I'm going to say what I say at the end of my podcast cause I feel like Nancy will agree with it, which is, you know, whatever you're doing, please keep courageously opening up to whatever your goal or your dream is because Nancy and I and the rest of the world's can't wait to thank you even more. Absolutely. Absolutely. And thanks to you too, Jen. This has been just a joy to have this time with you and to interact with you. We've had so many laughs and we've had some tears and you're just, you're precious to me. Thank you Nancy. It has been a ball.

Speaker 1 ([51:49](#)):

Thank you so much everyone for listening to this and for going, delving in and doing this work for yourself. It really has been such a joy for Nancy. And I to be with you through all of this and to have created this with all of you. So again, check out all of our resources in the links in the email that you have when we sent you this recording. And please let us know in our Facebook group what's happening for you, how you're taking this and moving forward with it in your life, how you're implementing it, what action you're taking, how things are shifting up for you. We have loved so much being here with you. So from the bottom of our heart. Thank you all so much.