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The information contained in this e-book is educational in nature and is provided only as general information. As part of the information presented in this e-book, I understand that I will be introduced to a modality called Emotional Freedom Technique ("EFT") which is a technique referred to as a type of energy therapy. Due to the experimental nature of EFT, and because it is a relatively new healing approach and the extent of its effectiveness, as well as its risks and benefits are not fully known, I agree to assume and accept full responsibility for any and all risks associated with reading this e-book and using EFT as a result of reading this e-book. I understand that my choice to use EFT is of my own free will and not subject to any outside pressure. I further understand that if I choose to use EFT, it is possible that emotional or physical sensations or additional unresolved memories may surface.

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What is Tapping, and How Can it Help Me?

What's holding you back?

What is it that slows you down, trips you up, and sometimes even makes you fall flat on your face?

It could be something minor that only pops up every now and then, derailing your day and souring your mood – nothing more than a nagging annoyance, but one you'd love to be rid of no less. For others, this obstacle can make life feel like a winding uphill climb to a place of peace and contentedness that never seems to get closer.

Whichever it is, no matter its level of intensity, you deserve a reliable way to handle it once and for all.

So...

What's in your way?

Do you find yourself tired sometimes, cranky for no apparent reason?

Is it occasional stress and anxiety? For some of us, the unrelenting weight of things to do, people to deal with and unfulfilled personal accomplishments that seem more and more unrealistic with each passing day can be especially burdensome. Relationships, jobs, family matters – they all might be stressing you out.

For others, the obstacle is physical – pain, illness or even weight gain for which you just can't find a remedy, no matter how many doctors, alternative therapies, routines or diets you try.

An even scarier and all too common possibility is that you don't have a clue what's wrong; you just know that every day is overwhelming and something's not right.

How can you deal with any of this? What can you do to make your days unfold more smoothly? How can you remove any impediment – however big or small - to your progress and baseline well being?

That's where tapping comes in.

Drawing on cutting edge medical research that is continually teaching us how and why emotional stress manifests as psychological and physical damage, as well as ancient principles found in Chinese Traditional Medicine still used in acupuncture and acupressure today, EFT Tapping is a healing therapy that you apply yourself. You don't need any training, tools or personnel; all you need is yourself and your emotions.

That's right, your emotions.

So often we hear that 'attitude is everything' and while this is indeed true, there's more to it than we tend to realize. Your emotions are entry points into the core of whatever ails you. By burrowing deeper into how you feel, you're able to discover and unlock whatever it is that's holding you back and even hurting you.

If you can deal with your feelings first, everything else can follow afterwards. You can locate the emotional source of your physical ailments or life problems. You can:

- Lose those extra pounds that no diet or workout have been able to shed
- Earn the money and abundance that you so want and deserve
- Heal your troubled romantic relationship
- Learn how to have a less stressful work-life or even start your own business
- Eliminate everything from headaches to chronic back pain

The list goes on and on, and the results speak volumes.

Perhaps best of all, this revolutionary, life-changing technique is easy and quick to learn and apply. What you receive far eclipses the work you put in.

In the pages to come, we'll walk you through the history of tapping, scientific evidence that is constantly increasing our understanding of why it works, and we'll teach you how to master the technique. We'll also share stories of people whose lives have been changed by tapping, and of ways this technique is being used to heal people and communities that have encountered great tragedy all over the world.

Tapping is nothing less than miraculous, and while that may seem like an extreme thing to say, every day we are learning more and more about just why it works as well as it does. To truly understand EFT, we have to take a close look at its seemingly mystical origins on through the new, fascinating science that is continually revealing why it's so powerful.

Where it Comes From

It's astonishing how effective tapping can be when you consider how easy it is. The basic technique requires you to focus on the negative emotion at hand: a fear or anxiety, a bad memory, an unresolved problem, or anything that's bothering you. While maintaining your mental focus on this issue, you use your fingertips to tap 5-7 times each on 9 of the body's meridian points.

Tapping on these meridian points while concentrating on fully feeling and accepting the negative emotion will allow you to resolve and displace those learned, habitual reactions this feeling would ordinarily trigger – the very ones you've been so desperately trying to get rid of. You now have the freedom to create new healthy habits or ways of functioning in their place, even when faced with the same negative emotions that previously sabotaged your happiness. You're essentially rewiring yourself.

Simple, right?

But why does this even work? And who discovered it in the first place?

The tapping points used in EFT are based on the doctrines of traditional Chinese medicine, which referred to the body's energy as "ch'i." In ancient times, the Chinese discovered 100 meridian points along the body. They also learned that by stimulating them in different fashions, they could manipulate the body's ch'i to heal a whole host of symptoms and diseases. These are the same principles that are used in acupuncture today, and although many modern doctors once scoffed at this ancient modality, it is now widely accepted by the Western medical establishment.

In the 1970s, a psychologist named Roger Callahan found himself fascinated by these meridian points, though he saw no use for them in his practice. He adhered to traditional regimens and principles, to much success.

However, a patient named Mary would challenge Callahan in new ways. Mary had a severe water phobia, so much so that even bathing her children was a problem. Callahan tried every method he knew to help Mary overcome this; nothing worked.

And so he turned to meridian points.

When Mary mentioned that her fear of water always caused a terrible pain in her stomach, Callahan asked her to tap on the meridian point right beneath her eye; based on his studies, he knew that this point corresponded to the stomach. In no

time at all, his suspicion proved to be correct: both Mary's pain and phobia were alleviated!

Callahan continued to experiment with this technique and eventually codified his findings as a healing therapy he termed Thought Field Therapy. As TFT caught on in the 1980s, one of Callahan's students, Gary Craig, would begin his own experiments with the technique as he found it to be unnecessarily complicated.

At the time, TFT required practitioners to tap on a specific sequence of meridians (called an algorithm) for each different problem. Diagnosing the problem required a technique called muscle testing, wherein the practitioner would measure the relative strength of a muscle, while the patient explored various thoughts or statements.

Craig observed repeated scenarios in which the problem was incorrectly diagnosed or the practitioner tapped out the meridian points in the wrong order, yet the patient was still helped. Based on these observations, he concluded that it did not matter in which order the meridian points were tapped.

Craig refined the TFT process into one basic, simple sequence of points to tap, no matter what the situation. The streamlined modality is what we know today as Emotional Freedom Technique, or EFT for short.

More and more people around the globe now simply call it Tapping, and it's a healing revolution in the making.

Why Tapping Works

Like many healing arts that draw upon ancient wisdom, Tapping has been met with a fair share of skepticism. Many doctors and psychologists have been quick to dismiss it as “woo woo”, despite the heaping anecdotal evidence from practitioners and people who have used EFT on their own.

In recent years however, there’s been a growing pool of undeniable research that proves what millions of people the world over have known for some time now: that EFT produces real, lasting breakthroughs and significantly improves or even eliminates conditions that hospital treatments, medication and years of psychotherapy often fail to adequately deal with.

So why does it work? We’ve recently learned that it all has to do with an almond-shaped part of your brain called the amygdala.

The amygdala manages your body’s stress response, and as such is responsible for your “fight-or-flight” reactions to anything that scares or threatens you. It alerts you to potential danger so you can respond accordingly. This is a good thing.

Here’s the catch: the amygdala cannot tell the difference between real and perceived danger. And for those of us who have experienced some kind of emotional or physical trauma in the past, the occurrence of something even slightly similar to what we encountered before can set our amygdala’s alarm bells ringing. The result? A flood of cortisol – commonly known as the “stress hormone” as it’s secreted by our body when stressed – into our nervous system that sets us on edge and can produce a whole variety of symptoms.

So what does tapping have to do with your amygdala?

Studies done at no less than Harvard Medical School during the last decade found that the stress and fear responses generated by the amygdala could be lessened by stimulating the body’s meridian points as outlined in Chinese Traditional Medicine and as used in acupuncture and acupressure.[1]

And as you’ve seen, they’re also the points we use in tapping.

Now although these studies focused on acupuncture, and as such used needles, follow-up double-blind research revealed that stimulating the points through pressure, as we do in tapping, gave rise to a similar response!

Another exciting set of research was undertaken by Dr. Dawson Church. His team performed a randomized controlled trial to study how an hour-long tapping

session would impact the stress levels of 83 subjects. To do this, Dr. Church and his team measured their level of cortisol. Their findings? The average level of cortisol reduction was 24%, with a whopping reduction of almost 50% in some subjects! In comparison, there was no significant cortisol reduction in those who underwent an hour of traditional talk therapy.

This is but a fraction of some of the eye-opening research being done on tapping, and with each new study we come closer to the widespread acceptance of tapping as perhaps the most adaptable and accessible healing modality available to us. Just as acupuncture was once dismissed as a hokey, backwards remedy before it became respected, any lingering doubts about tapping will be forgotten as more studies such as this are performed.

1. J. Fang et al. "The salient characteristics of the central effects of acupuncture needling: Limbic_- paralimbic-neocortical network modulation." *Human Brain Mapping* 30, no. 4 (April 2009): 1196 – 1206; K.K. Huietal. "Acupuncture modulates the limbic system and sub-cortical gray structures of the human brain: Evidence from fMRI studies in normal subjects." *Human Brain Mapping* 9, no. 1 (2000): 13 – 25.

How to Tap

Now we get to the good stuff: actually teaching you how to tap.

First, we're going to go over the meridian points we use in tapping. Review them below, and then take a look at the diagram on the following page.

Karate-Chop Point (KC)

The outer edge of your palm, on the opposite side from your thumb.

Eyebrow (EB)

The inner edges of the eyebrows, closest to the bridge of the nose. Use two fingers.

Side of eye (SE)

The hard ridge between the corner of your eye and your temple. Use two fingers. Feel out this area gently so you don't poke yourself in the eye!

Under eye (UE)

The hard bone under the eye that merges with the cheekbone. Use two fingers, and stay in line with your pupil.

Under nose (UN)

The point centered between the bottom of the nose and the upper lip. Use two fingers.

Chin (CH)

This point is in line with the previous one, and is centered between the bottom of the lower lip and the chin.

Collarbone (CB)

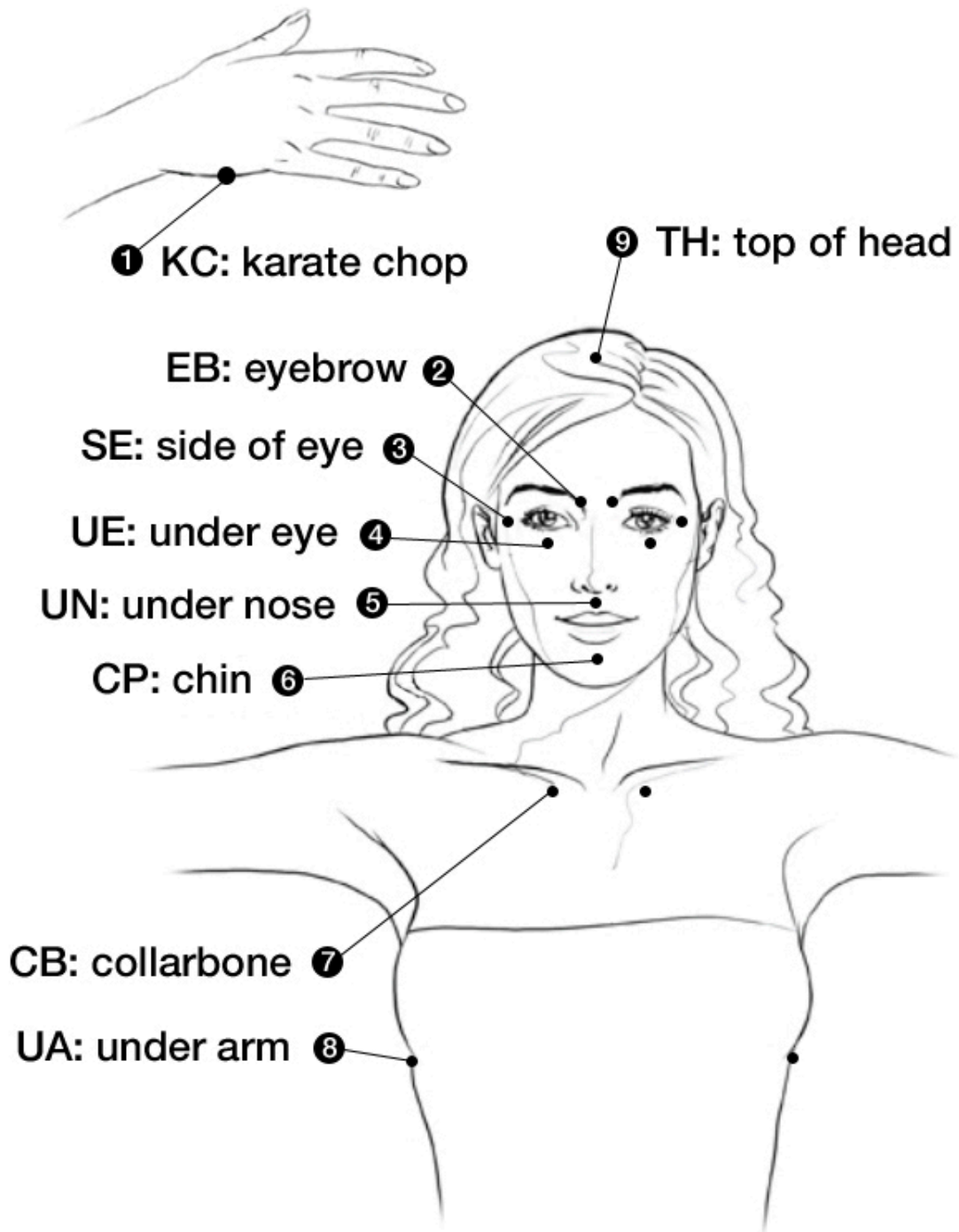
Tap just below the hard ridge of your collarbone with four fingers.

Underarm (UA)

On your side, just about four inches beneath the armpit. Use four fingers.

Top of Head (TH)

On the crown of your head. Use four fingers.



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Remember, meridian tapping can be used for almost anything. In this example, we'll focus on general anxiety. Try it out with this initial sequence, but feel free to replace "anxiety" with any other issue you want to work on.

1. Identify the problem you want to focus on. It can be general anxiety, or a specific situation or issue that causes you to feel anxious.

2. Consider the problem or situation. How do you feel about it right now? Rate the intensity level of your anxiety, with 0 being the lowest level of anxiety and 10 being the highest.

3. Compose your set-up statement. Your set-up statement should acknowledge the problem you want to deal with followed by an unconditional affirmation of yourself as a person. For example:
 - "Even though I feel this anxiety, I deeply and completely accept myself."
 - "Even though I'm anxious about my interview, I deeply and completely love and accept myself and these feelings."
 - "Even though I'm feeling this anxiety about my financial situation, I deeply and completely love, accept and forgive myself."
 - "Even though I panic when I think about _____, I deeply and completely love and accept myself."
 - "Even though I'm worried about how to approach my boss, I deeply and completely trust and accept myself."
 - "Even though I'm having trouble breathing, I deeply and completely accept myself."

4. Perform the set-up. With four fingers on one hand, tap the Karate Chop point on your other hand. The Karate Chop point is on the fleshy outer edge of the hand, on the opposite side from the thumb. Repeat the set up statement three times aloud, while simultaneously tapping the Karate Chop point. Now take a deep breath!

5. Get ready to begin tapping! Here are some tips to help you achieve the right technique.
 - You should use a firm but gentle pressure, as if you were drumming on the side of your desk or testing a melon for ripeness.
 - You can use all four fingers, or just the first two (the index and middle fingers). Four fingers are generally used on the top of the head, the collarbone, under the arm... wider areas. On sensitive areas, like around

- the eyes, you can use just two.
- Tap with your fingertips, not your fingernails. The sound will be round and mellow.
 - The tapping order begins at the top and works down. You can complete the loop by returning to the top of the head before you begin again at the eyebrow.

6. Now, tap 5-7 times each on the meridian points in the following sequence: Eyebrow, Side of Eye, Under Eye, Under Nose, Chin, Collarbone, Under Arm, Top of Head. As you tap on each point, repeat the following phrases:

EB: "I'm so anxious."

SE: "I just don't know what to do."

UE: "I'm worried about what's going to happen next."

UN: "I just can't focus."

CH: "I'm so nervous about everything."

CB: "I don't know if anyone can tell, but it's terrible."

UA: "So anxious all of the time."

TH: "I can't seem to calm down."

Return to the eyebrow:

EB: "This anxiety is killing me."

SE: "I want to stop worrying."

UE: "But I can't stop thinking about what's going to happen."

UN: "Everything might go wrong."

CH: "What can I do?"

CB: "I don't want to feel like this anymore."

UA: "I don't want to feel so anxious."

TH: "I just can't help it."

7. Now that you've completed the sequence, focus on your problem again. How intense is the anxiety in comparison to a few minutes ago? Give it a rating on the same number scale.

8. If your anxiety is still higher than "2", you can do another round of tapping. Keep tapping until the anxiety is gone. You can change your set up statement to take into account your efforts to fix the problem, and your desire for continued progress. Also, take note of any thoughts that arose while you were tapping. Did

you have any insights into why you feel anxious? Use those in these new setup statements. For example:

- "Even though I have some remaining anxiety, I deeply and completely accept myself."
- "Even though I'm still a little worried about this interview, I deeply and completely accept myself."
- "Even though I don't know if I'll be able to make the rent this month, I deeply love and accept myself."

9. Now that you've focused on dispelling your immediate anxiety, you can work on installing some positive feelings instead. This is the fun part. In the past you may have tried practicing positive thinking or the law of attraction without much success. That's because what you were envisioning or trying to embrace was clashing with the negative thoughts, feelings or limiting beliefs that were embedded in you. This is a different approach from traditional "positive thinking." Essentially, you were being dishonest with yourself.

With tapping, you're not trying to obscure the stress and anxiety inside yourself with a veneer of insincere affirmations. Rather, you're confronting and dealing with the anxiety and negative feelings, offering deep and complete acceptance to both your feelings and your self. Now, you have space to turn your thoughts and vibrations to the powerful and positive. That's what makes tapping so much more effective than the "positive thinking" techniques. It's not just a mental trick; instead, you're using these positive phrases and tapping to tune into the very real energy of positivity, affirmation, and joy that is implicit inside you. You're actually tuning your body's energy into a more positive flow, a more positive vibration.

Start again at the eyebrow:

EB: "I can feel my calm coming back to me."

SE: "It's slight, but it's there."

UE: "It's safe for me to relax."

UN: "I can be mindful without worrying."

CH: "Everything is going to be alright."

CB: "No it's not, this isn't working."

UA: "There's a part of me that wants to believe that, but this is making a difference."

TH: "I don't feel anxious anymore."

Return to the eyebrow:

EB: "Things are going to be so much easier now."

SE: "I can handle everything in my path."

UE: "There's no need to worry."

UN: "I'm calm."

CH: "I am so calm."

CB: "I can feel the stillness inside of me."

UA: "I'm going to let it direct everything I do."

TH: "This is the start of a new phase."

EB: "I have faith in my ability to change."

SE: "I am joyful about these positive changes."

UE: "I am accomplishing so much."

UN: "I enjoy the calm and peace that I have."

CH: "I love the person that I am."

CB: "I am becoming a more relaxed and joyful person."

UA: "Everything is fine."

TH: "Everything is alright."

Congratulations! You've just completed your first Meridian Tapping sequence!

What Should I Tap On?

If this question is stuck on repeat in your head, don't worry: it's the most common question asked by those who are new to tapping. So, what should you tap on? There's one simple answer:

Everything!

There's no limit to what tapping can address. It doesn't matter what's bothering you. It all can be dealt with through EFT.

- Food Cravings
- Divorce
- Heartbreak
- Depression *
- Children's Anxiety *
- Dissatisfaction with Body Image
- Weight Loss
- Headaches
- Back and Joint Pain
- Spirituality
- Post-traumatic Stress Disorder *
- Disorganization and Clutter
- Bad Memory
- Fear
- Anxiety
- Nicotine Addiction
- Remorse
- Allergies
- Nail-Biting
- Gambling/Alcoholism/Addiction *
- Deteriorating Eyesight
- Childhood fears
- Family strife
- Insomnia

This list could go on forever. The simple thing to remember is this: if something's bothering you, no matter what it is, tap on it!

* Although you can certainly address these issues on your own, we advise you first tackle them with a practitioner. Should you decide to deal with any of them alone and your emotions become too much to handle, stop and seek assistance.

Who and How Tapping Has Helped. Are You Next...?

Once you dive into the world of EFT, you are continually amazed by the healing miracles it creates. Here are just a few stories that we've encountered over the years.

“Incurable” Disease?

Jodi had been diagnosed with Fibromyalgia about 8 years before we met. Her knee pain had become so bad that she was often reduced to crawling on the floor. No longer able to take the long nature walks she'd always loved, Jodi had become a prisoner of her disease. As one of the participants in The Tapping Solution weekend retreat, she began tapping with the group on her knee pain. By the time the weekend was over, Jodi was able to take a nature walk with the group, who were amazed to see her pain free, happily walking at the front of the group! Today she is still free of her formerly debilitating disease, and manages a very successful business.

Crippling Back Pains

Patricia had been in a boating accident in Canada, which left her with a fractured L-1 – essentially, a broken back. After months of surgery and with metal rods and screws inserted everywhere, she was told that there was no remedy for her pain. Her doctors said she was just going to have to live with the pain for the rest of her life. Also a participant in The Tapping Solution weekend retreat, she tapped on the pain and saw significant improvement. When she came back 6 months later for a follow-up “reunion” of the participants, she couldn't understand why the others were being so solicitous about carrying her bags, until she remembered that when she first arrived she couldn't even pick up a small satchel. She was now able to laugh about that, but carried her own bags, thank you very much!

Extreme and Easy Weight Loss

Rhonda simply couldn't lose weight. Although she had mastered singing in her adult life and become a masterful jazz vocalist, she had also put on quite a bit of weight that she was desperate to lose. She tried diets and workout plans of all sorts. Nothing worked. After discovering tapping however, she started to notice little shifts in her routine: suddenly, she was preparing much smaller meals; exercising wasn't the task it used to be – she was eager to go walking every day! Rhonda's entire attitude towards self-care shifted. The result? She lost 40 pounds.

Overcoming Public Speaking

Jackie was terrified of public speaking, whether it be a phone call, a meeting, and of course, getting up on stage to speak to a group. Her fear was putting a hold on

her career, a fact that was a huge source of stress, but she didn't know how to break the cycle. During a single weekend, the four-day Tapping retreat, she was finally able to resolve that fear—and what she discovered shocked her. By identifying the root cause of her issue, she was quickly able to overcome her fear of public speaking. Before the weekend retreat had even ended, she was standing on a chair, happily and confidently delivering a talk to the entire group!

There are thousands of stories such as these. Will yours be one of them?

The Way Forward: Your Future with EFT

So what are you going to do with tapping?

At this point, you've just scratched the surface of what you can do with EFT. The rabbit hole goes much deeper and there's so much for you to discover. With regular tapping, you can unlock new bounties in your life, a freedom you've previously only dreamed of.

Here are a few resources to help you along your journey.

The Tapping Solution **<http://thetappingsolution.com/>**

Here's where it all begins. At our main site, you'll find our film "The Tapping Solution" which provides an eye-opening and inspiring introduction to the world of EFT. We also provide regularly updated insights into the ever-evolving field, as well as Jessica Ortner's quick "How to Tap" video, the absolute quickest way to brush up on your tapping or introduce the technique to family and friends.

The Tapping Solution: A Revolutionary System for Stress-Free Living **<http://www.hayhouse.com/details.php?id=7637>**

In this fascinating new book, our founder Nick Ortner shares his immense knowledge and understanding of EFT. In *The Tapping Solution*, he delves into both the history and the wondrous future of tapping by sharing case studies and research, in addition to breaking down - chapter-by-chapter - the many problems it can be applied to: physical pain, weight loss, financial troubles and relationship worries, you name it.

The Tapping World Summit

<http://thetappingsolution.com/2013tappingworldsummit/13tws-upgrade.html>
Every year, we bring together around 20 of the world's foremost tapping experts to share with you their expertise and their breakthroughs during a free, online summit. The sessions at each summit can help you overcome debt, clear your head and heart from clutter, or heal childhood wounds that still haunt you today. Over 500,000 people worldwide attended the most recent one, and the numbers are increasing every year. In a few pages, we'll share some stories from past attendees about how the summit has radically transformed their lives.

EFT Articles

<http://thetappingsolution.com/eft-articles>

On this blog, we regularly share new tapping routines and feature guest articles from EFT practitioners all over the globe.

Pain Relief World Summit

<http://painreliefworldsummit.com/13prws-upgrade.html>

Engrossing and revealing, this summit tackles the particulars of pain and shows you how just about any physical pain you have to deal with every day can be eased or completely relieved with Tapping.

Beyond the field of personal growth, there's a whole host of organizations and practitioners out there doing amazing work with EFT. For example:

The Tapping Solution for Newtown: Stress and Trauma Relief Project

<http://www.thetappingsolution.com/stress-and-trauma-relief>

In the wake of the tragic Sandy Hook school shooting in 2012, we launched this project to help the people of Newtown, Connecticut (our hometown and base of operations) to recover and find peace again.

Project LIGHT

<http://www.projectlightrwanda>

Psychotherapist and tapping expert Dr. Lori Leyden has used tapping to help and heal hundreds of children orphaned by the Rwandan genocide through her organization Project LIGHT.

Veterans Stress Relief Project

<http://www.stressproject.org>

It's mind-boggling how many former soldiers return home after war with Post-Traumatic Stress Disorder that goes untreated. The Veterans Stress Relief Project helps them treat and heal themselves by learning EFT.

This work is at the cutting edge of trauma healing therapy, and we should hope and expect to see EFT become the standard in humanitarian work for decades to come.

So again, a simple question: how are you going to use tapping?

You'll be amazed at what it can do. Try it on everything!

Testimonials

Here are some stories of those who have attended the annual Tapping World Summit and used EFT to break through to incredible new places in their lives, free of the pain, worries and problems that plagued them before.

I am so excited about the Tapping World Summit and all of the great info! I am a hypnotherapist/coach who is just starting her practice after being in education for over 16 years.

I learned about Tapping 10 years ago, though it was kind of weird and couldn't figure out how I could work it into my job as a school psychologist, so I "forgot" about it. I was reintroduced to it in my hypnosis training and have been teaching it to everyone I meet who has an ache or pain or a craving for a cigarette. So when I heard about the world summit I was so excited to be able to learn more to share with my clients.

Anyway, what I want to thank you for was your session dealing with Tapping to Overcome Financial Anxiety and Overwhelm. I have been dealing with financial anxiety for a while now. It has really been blocking me and keeping me from being able to see how I could quit my public education job with a steady income, and go to work for myself doing what I love. I listened to the session, followed along with the tapping, and when the session was done the anxiety was gone! I knew that I had to go and ask some questions of my bank and within about an hour of finishing the tapping, I had my answers!

I will be able to quit my job this summer, cut my monthly bills in half, and have \$10,000 in my savings account! The stress was blocking me from seeing the answers that were right there for me to find. Thank you so much for lifting the fog of doubt and anxiety so that I could clearly see the answer that was right there for me!

Respectfully,
Karen O. Lindstrom, ED.S., CH

Thank you for the great information on tapping. My cardiologist recommended the summit and I am most grateful to her. I am so happy that doctors are now integrating tapping and other gentle healing methods into their practices.

I had surgery 2 days ago and used tapping before going into the operating room. My experience of calm and confidence replaced what otherwise would have been fear and anxiety.

Alana Ireland
Sherman Oaks, California

Tonight I was hesitant to make the time to listen to the session; I had a stressful day at work and came home with a headache. I made myself sit down and listen. When dealing with the pain I was experiencing it lessened during the first part of the session with Gwen. Then listening to Rick speak about pain in the body it hit me I have been carrying around for almost 55 years, emotional pain that has limited my life more than any physical pain ever could have.

I realized that the "Authority" persons in my life early on had told me and shown me that because I was a woman I would "never be good enough" I would never measure up. I self fulfilled that "belief" thru 55 years, 2 marriages and several relationships. No matter what I did or didn't do I would never be good enough.

After the session with Rick was over I sat down and figured out my own tapping for this and the only other time that I felt such an energy rush was when doing the tapping for self help and self care. I feel so free and OK with who I am and who I will be.

Thank you so much for giving me the tools to face anything that comes up in my life from this day forward to enable me to be the best at everything I do. I don't have the words to express what this has meant to me and will continue to enrich my life.

- Forest Perea

Nick, I have been tapping for about 3 days for chronic pain, and Sunday, I had a whole day without drugs and without pain for the first time in 27 years. WHAT A BREAKTHROUGH!!!!!!

It is now Monday, and I had 2 nights that I didn't have to get up to take drugs. I am awestruck, and so incredibly grateful I can hardly find words to express my emotions. I was hopeless, depressed and had given up on ever being able to have a quality of life as I go into the winter of my life that living was just simply putting one foot in front of the other and pushing myself to complete everyday

suffering mentally, emotionally and physically. NOT ANYMORE!!!!!! OMG, THIS REALLY WORKS.

You and your crew are my angels from heaven!!!!!! I could go on and on, however there must be tons more emails you must get to so I will close for now.

Heartfelt Gratitude,
Lynnie Power

**Find Out How to Transform
Your Mental, Emotional and
Physical Health... in Minutes!**

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abundance, more peace, more
anything...

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and explore the possibility that you could
be free from emotional and physical
blocks in minutes.