Jessica: Welcome to The Tapping World Summit 2014. This is your host, Jessica Ortner. By listening to this interview you agree to the terms located at thetappingworldsummit.com/disclaimer. We hope this interview helps you become a happier and a healthier you. Enjoy.

One of the easiest and often fastest ways to show somebody how effective tapping is is to tap on pain relief. The results are extraordinary and one of the main reasons tapping is spreading so quickly.

In this interview you’ll learn exactly how to tap to find relief from physical pain. Whether you’re in pain or not, this is an incredible tool to know and to have at your disposal.


If you haven’t guessed yet, he also is my older brother. Welcome, Nick.

Nick: Jess, thanks for having me on.

Jessica: Thanks for being with us. That sounds weird, right, to say thanks for being on your own program.

Nick: Yeah, exactly. Thanks for letting me on. I’m so grateful I let myself on this program.

Jessica: I am very happy to talk to you about this topic because I know it’s something that you’re really passionate about. You also did a huge live event doing this, and I saw some of the results. They were unbelievable. I think a great place to start is to first learn about your first experience when it comes to tapping and pain relief.

Nick: Yeah, absolutely. I’m so happy to be here to discuss this topic because I think it really has ramifications, not only for our individual pain and for people exploring EFT, but for the world. We’re going to cover that later in the conversation, how this tool can really be transformative in terms of the physical pain and the physical issues that people are experiencing.

For me it started really simply. We’ll talk about some serious pain cases and how powerful it is, even on the most complicated things, but for me one of my first experiences with tapping was on some neck pain. I’ve spoken about it a lot, you’ve probably heard about it, where I just woke up one morning with a crick in my neck. You know how you sleep wrong, who knows what happens, those of you who wrestle in your dreams or something, and you wake up and you go, oh my gosh, my neck really hurts.

It’s the kind of thing that you perhaps pop an Advil for if you don’t know any better, or you try to stretch it out and you look like a robot for a couple of days as you can’t really turn your neck.

I had this crick in my neck, which I had had before. I kept reading about how tapping works for pain relief. Over and over again, case study after case study, people saying it
helped their back pain, back pain went away and this pain went away and that pain went away.

I said, all right. Let me give this a shot. I went through the tapping rounds, very simple following the directions online. Sure enough, in a matter of minutes, I don’t remember exactly, but it couldn’t have been more than ten minutes of tapping, my neck completely released. I felt the tension just go, and that crick in my neck was gone. That was one of the first examples of, “Wow, there is something powerful here.” Something that I did in ten minutes, it went away completely. It released. I felt the shift and something important is going on. It really is one of the first experiences that led me deeper into this exploration of tapping and pain relief.

Jessica: What kind of pain does tapping work on?

Nick: That’s such a great question. The simplest answer is all kinds of pain. Oftentimes I actually like to list them, like back pain and shoulder pain and neck pain and fibromyalgia and migraines and headaches, because if we don’t list them people say all pain is not my pain. I have a medical diagnosis of a kind of pain that I’ve been told is because of this, so it doesn’t work on that. We’re going to cover that in a few minutes, just the importance of the diagnosis.

I’ve seen it work on everything, literally everything. For the most part, people I work with, 80% to 90% results in one session in terms of alleviation of pain. Oftentimes—you mentioned Hay House, which is my publisher of The Tapping Solution book and this next pain book—I’ll speak around the country for them in front of several thousand people. One of the demonstrations I do during that hour talk is to call people up from the audience and say, “Let’s explore this and let’s tap on pain.” When I ask how many people in the audience are in pain it’s shocking. Anywhere close to a third to a half will raise their hand that they’re in some sort of pain, which just always blows me away the amount of people out there suffering in pain.

I’ll pick three random hands from the audience, I’ve never met them before, and bring them up and they’ll share that they had a toothache or back pain, often at a level 7, 8 or 9 out of 10. In that short demonstration, which is even less, it’s probably 20 to 25 minutes where we actually tap together, they always see significant shifts. It’s so profound. It still surprises me. I tease people on stage that they don’t have to tell me it’s gone just to make me happy or worry about embarrassing me when it’s not working. But they all have that same shocked look on their face, “Oh my gosh, it works!” The pain is either gone altogether or down significantly.

Jessica: Right. You talk about how it works on so many different kinds of pain. We’ve had this conversation before. The challenge when you say that is people think, “Oh, impossible,” and they become very skeptical. Rightfully so. I was completely in that boat. I think it’s important to explain why it works so well on so many different kinds of pain.

Nick: I’m doing a lot of research, especially because I’m right in the midst of writing the pain book right now, which is due out in 2015. I’m doing a lot of research about our understanding of pain. What I’m finding is that most of us are working with a very old understanding of pain, and that understanding is there’s a physical issue with my body.
There’s a degenerative disc. There’s this. There’s that. There’s something physically wrong and that is the cause for pain.

But what the latest research is showing, what I think the next understanding of pain will be, whether it being five years or ten years or 20 years we’ll look back and laugh about the way we saw pain. It was an archaic thing. “Oh no, it’s not just that physical thing that’s wrong, but it’s a lot more to do with the brain, how the brain understands pain.”

One example that I think... When you hear this you go, “Oh wow, maybe there’s something going on,” that is different from that physical pain is the concept of phantom limb pain. Phantom limb pain, you might be familiar with it, Jessica, is someone has lost an arm, has lost a leg, let’s say he’s a soldier who lost it in battle, and they still feel pain in their hand. They could have lost their right arm and they still feel pain.

That makes no logical sense whatsoever, but it just shows that there’s nerve impulses, that the pain has more to do with the brain itself, the way the brain interprets signals, than it has to do with something being wrong.

I know a lot of people say I went to my doctor and they found that I have X wrong. Several studies have been done exploring, for example, degenerative disc disease. It’s something that I always see people say I have back pain, I went to the doctor, they told me I have degenerative discs.

They’ve done studies where they take 100 people who have pain, 100 people who don’t have pain, do MRIs, do x-rays on all of them, and they find that there isn’t a correlation between having a degenerative disc and pain or not having a degenerative disc and having pain.

It’s all mixed up, which means that some people for whatever reason, and we’ll explore some of those reasons in today’s call, are feeling that pain in their body and other people aren’t.

Another way to sort of explore this whole issue with pain is to think about the difference between acute pain and chronic pain. Acute pain is: you break your leg; it’s in pain. There’s been tissue damage. There’s a broken bone. There’s inflammation. You feel the pain.

That begs the question: okay, the leg heals. Why is it that for some people the leg heals, the bone is all mended up, everything’s fine, and there’s no pain, and other people it doesn’t heal right or there’s pain? Why is it that people can have chronic pain for 20 to 30 years? If we say that pain is the body healing or a sign that something’s wrong, what is happening where the body isn’t healing?

That’s the question we need to ask ourselves when it comes to chronic pain, what were the things that are in my way that are stopping my body from healing, whether it be emotional issues, whether it be trauma, whether it be trauma regarding the actual pain itself, whether it be childhood trauma?

Jessica, I had an experience a couple of months ago speaking onstage. You saw part of the end result of this experience at “The Tapping Experience for Pain Relief” event.

As I mentioned earlier, I often call people up from the audience. I called up three lovely ladies in Washington, D.C. One of them, Kathy, had a toothache that she’d had for the...
last three-and-a-half years. So you can imagine. The audience groaned, as I’m sure you
groan when you think of having a toothache for three-and-a-half years.
Obviously she had gone to the dentist. She had gone and had root canals, and had taken
antibiotics to kill an infection that was supposedly there, a lot of doses – just nothing
was working.
She came up on stage and I asked her about what was going on. She said this started
three-and-a-half years ago. I asked her, what else was going on in your life three-and-a-
half years ago? You can hear her stop and think and she said, “Oh my gosh, my mother
passed away three-and-a-half years ago at the same time that this toothache started.”
We used that as a clue to explore what was going on. We actually tapped on the grief
that she felt about losing her mom, and the trauma and that experience as it related to
the tooth pain. In those 20 minutes that we were together the pain went from an 8 or a
9 down to a 1. It was down significantly. She was in shock. She was really excited.
She walked off stage and I gave her a book, a copy of my book, as a thank you for
coming up on stage. She shared with me about a week later, she sent me an email, she
said, “The pain stayed away for about a day or two and then I felt it come back. Then I
read your book and I said, ‘Okay, let me dig deeper. Let me see what was going on.’”
We only had 20 minutes to explore this issue with her mother and the sadness and the
grief. She learned how to do the tapping on her own. She did more tapping on her
mother, on everything else she could think of regarding the tooth pain, and it went
away completely. She was really excited the tooth pain was gone. That was 12 weeks
ago, as I speak this now. She’s been pain-free for three months.
To me here’s the most exciting part of this story, because we see this all the time where
the pain goes away. Here’s the part of this story that blew me away. It’s that before she
came to this event in Washington, D.C. she had gotten x-rays done of her teeth.
She had had a lot of x-rays to try to figure out what was going on. In the x-rays for about
a week before she came up on stage you clearly see that there’s an infection in the
tooth, it’s a dark spot all around the tooth, and the dentist identified it as an infection.
She went back to the dentist about a week after she did the tapping when the pain was
all gone. She had not taken any antibiotics. She had not taken any medicine. She hadn’t
taken anything that could point to what was happening. They did x-rays again, she
showed me these x-rays, and the infection is gone. It’s just gone.
Jessica:
Unbelievable.
Nick:
The tooth pain is obviously gone. Her dentist was amazed as to what was happening. I
was amazed because I know that this works, but it was so exciting to see a clear
example, to see: not only did the pain signals in her tooth stop, but an underlying
infection, something that we see as being so physical, an infection is physical, was gone.
I think that when we explore pain we have to keep these things in mind: that we’re
working at all levels of the body, that we’re doing things that can heal the underlying
issue that’s going on, they can heal the emotion, they can free up the energy.
Jess, you and I have talked a lot in the last seven years when we’ve been exploring this
technique together, about the fact that it’s not the tapping that heals this. It’s the body
that heals these issues. We’re just using the tapping to clear up the energy to clear up the trauma to get out of the way and to let the body heal.

Jessica: Such an important point. With that, I think it would be great to talk about some of the research that’s coming out.

Nick: Yeah, absolutely. At the most basic level, the research that I find most exciting is the research that is correlating tapping on these end points of meridians in the body with calming the amygdala in the brain; calming that “fight or flight” response center.

The fight or flight response center makes a little more sense when we talk about a phobia. Let’s say you’re scared of heights. You understand the fight or flight response center is activated, and we do this tapping that calms the amygdala and it calms that fight or flight response center. That sort of begs the question, how does it fit in with pain relief?

What I think is happening is that when we are in pain, not only from the original event that caused the pain, from the original trauma, from whatever happened first, but from everything that came afterwards. What ends up happening with pain is that it’s never just about the one injury.

If you’ve been in pain for the last ten years, we can tap on that initial injury, we can tap on other traumatic events, but we also need to tap and explore everything that’s happened in the ten years since you’ve been in pain: the expectation of pain, the fear, the fact that your brain is being trained to expect the pain.

If you’ve been in pain for a long time you likely wake up every morning and the first thing that comes to your mind is, “Am I in pain or not?” You’re looking for it. Your body’s searching for it.

Before you go to bed at night you probably ask yourself the same question, and a thousand times during the day you ask yourself that same question. With that same question, when the body feels pain, when it finds that same negative experience, that amygdala is firing, that fight or flight response is firing, the stress response is firing.

I don’t need to tell people who’ve experienced any sort of pain that pain itself is a stressful issue. Jess, when you have a headache it’s not fun, right?

Jessica: No.

Nick: It’s stressful. You’re trying to get other things done and it hurts and you can’t focus. Then you get angry about it. All these things pile up on top of each other. The experience of chronic pain is that happening day after day after day.

When we do this tapping, when we calm the amygdala, when we calm the nervous system in the body and actually tell it that it’s safe to relax, really in essence tells it that everything is going to be okay, just that mechanism I think is what opens up the flow of energy, relaxes the body, lets it heal in so many different ways.

Jessica: I know you have so many incredible stories to share of peoples’ experience sand their results. I want to go into some of those later in the interview, but I think at this moment people are listening and going, okay, how do I do this?

Nick: Give me some pain relief right now.

Jessica: Give me some pain relief right now.
Nick: Absolutely. We’re going to start with just the basics. This is going to be the basic experience of pain relief. Certainly we’re going to have an hour together to cover this. My hope with this conversation is to open up some doors, to get you excited about what's possible and what’s next.

Some of you will have incredible experiences, what are called one-minute wonders, where you tap on the pain and it goes away completely. I’ve seen that again and again. Others will have a shift. You’ll say, wow, the pain went from an 8 to a 5. To me that’s really exciting. It means the shift is possible. Even a shift from an 8 to a 7 means that there’s something that’s moving.

I want to caution people that this is just getting started. This is opening a door. As I mentioned, I’m writing a whole book on pain relief. There are 200 pages on pain relief. I did a three-day live event all on pain relief. This is a topic that can be explored at very deep levels.

If you go from an 8 to a 7, or just have a small shift, don’t get discouraged. This just means it’s opening the door. Get excited about what’s possible. I think what you’ll start finding, too, to me this is one of the most exciting things about doing this work with pain relief, is that when you address these issues around pain, when you go deeper, when you explore exactly what’s going on, the potential for not only the pain to go away, but your life to transform.

What I see when people do their work, when they explore these issues, when they tap and they clear past traumas and anxieties and this chronic pattern of stress, and everything that might be getting in the way and causing that pain, is that their life is different in so many ways, that it’s not just about releasing that pain. I know that’s the first goal and I totally get it, but so much more is possible beyond that, where people release their pain and also create new abundant lives for themselves.

All that being said, let's start with an experience.

Jessica: Yes, I’m ready.

Nick: What we’re going to do is just identify first what we want to tap on. If you have back pain, just tune into that back pain. If it’s shoulder pain, if it’s muscle aches, if it’s tension, just identify one place in particular. If you have pain in multiple places in your body just focus on one for now.

Take a second and take a deep breath, and just feel that pain. Give it a number on a 0 to 10 scale, 10 being the highest in intensity, 0 being no intensity. Try to pick something that’s a 5 or higher to notice a real shift. This is the most basic tapping we can do, identifying the pain, give it a number and just tapping on the pain itself.

Let’s start by tapping on the side of the hand, the karate chop point. Repeat after me. You can use the same language. Even if I use the language, even if I say back pain, you can say back pain even if it’s neck pain. You’re focused on your neck pain. Or you can change the language if you’d like to.

Jess, will you be my echo?

Jessica: Yes, I’ll be tapping along.

Nick: Okay. Tapping the side of the hand:
SH: Even though I have this pain in my body, I deeply and completely love and accept myself.

Even though I have this stressful pain in my body, I deeply and completely love and accept myself.

Even though I’ve been dealing with this pain for so long, I choose to relax and accept myself now.

EB: This pain in my body,
SE: This pain,
UE: This back pain,
UN: This neck pain,
CH: This pain I feel in my body,
CB: I feel this pain,
UA: I acknowledge this pain,
TH: I wonder if I can let this pain go.

EB: This pain in my body,
SE: I listen to this pain,
UE: This pain in my body,
UN: This back pain,
CH: All this pain,
CB: This pain in my body,
UA: Letting it go,
TH: Letting it all go.

Take a deep breath. Then we check back in. Every round or two you want to do two things. You want to check back in on the number and see if there was a shift. It was an 8 before. Maybe it’s a 7, a 6 or a 5. Then we also pay attention to what else came up, what other ideas, thoughts, impressions, memories.

Jess, you can see already, I like getting into the in-depth tapping very quickly. I have a hard time holding myself back from asking the deeper questions. I want to give an example of just tapping on pain. I did a couple of reminder phrases where it was opening it up a little bit, but why don’t we go deeper? Again, you can certainly tap on “Even though I have this pain”, but where the real magic happens is when we start opening ourselves up to the deeper questions.

Jessica: Right. Here we were tapping and focusing on the symptoms. Now we can go deeper.
Nick: Just the symptoms, exactly. Should we go a little deeper?
Jessica: Yes, please.
Nick: Okay. There are a lot of questions you can ask yourself about pain, but what I’m going to do is through the tapping process I’m going to take you through tapping, and then I’m
going to throw out some questions. It’s going to be going different places. See what comes up. Just pay attention to what comes up for you.

Tapping the side of the hand:

SH: Even though I’m feeling all this pain in my body, I deeply and completely love and accept myself.

Even though I’ve been holding onto this pain in my body, I’m not sure what it’s really about, But I choose to relax and allow it now.

Even though I have all this pain in my body, I’m not sure what it’s trying to tell me exactly, What purpose it’s serving, Or what it’s all about, And I deeply and completely love and accept myself.

EB: This pain in my body, SE: I wonder what it’s all about, UE: When did it start, UN: What was I feeling then, CH: What was going on then, CB: This pain in my body, UA: If there is an emotion in this pain, TH: What would it be,

EB: I wonder what I’m feeling in my body, SE: Or what I’m afraid to feel, UE: This pain, UN: This pain in my body, CH: When did it start, CB: What’s it all about, UA: What are the messages behind this pain, TH: I choose to allow those messages now,

EB: I choose to relax in my body, SE: And pay attention to what I feel, UE: It’s safe to relax in my body, UN: It’s safe to feel these feelings, CH: It’s safe to remember these memories, CB: It’s safe to release this pain, UA: This pain and tension, TH: Letting it go.
Take a deep breath. Let it go. I threw in a couple different questions there. I think it’s really important. The most powerful tapping that we do is often when we get really specific. When we ask the question, “When did it start,” and we remember like Kathy did, “Three-and-a-half years ago my mother passed away and I felt all this grief,” and we remember what happened, we remember the specific details, when we heard what we felt and what we experienced and we tap on those specific events.

First of all, I don’t know what everyone’s working on individually so we’re doing more global tapping, tapping on general issues, but I also find that it can be really helpful to do the global tapping first to really calm the body and the nervous system, to get a little more clarity.

Jess, if you think about when we have our greatest ideas and insights, it’s often when we’re taking a bath or in the shower or going for a walk in nature. I sort of see this preliminary tapping as doing that, that we can tap generally just to relax, just to feel safe in our body, just to take the edge off a little bit. Then when we’ve taken the edge off a little bit then we can start to ask those deeper questions.

Nick: Absolutely. Start with what you’re experiencing right now. Start with what you feel, the pain, the anxiety, the overwhelm, and just let that unfold.

Jessica: We have these questions. We suddenly get these answers. What do we do with that?

Nick: That’s a great question. Let me give you some more questions. I think that might be helpful for people.

Jessica: We’ll have these in the workbook as well.

Nick: Absolutely. One that I’ve talked about a couple times is, when did the pain first start and what was going on in your life at the time? For Kathy it was really clear. Her mother passed away and it was grief happening.

Just ask yourself, take a second and ask yourself that question. You can even tap as you ask yourself that question. When did the pain first start and what was going on in your life at the time? Just see what comes up. You might say that was such a stressful period at work. If that comes up and you get the memory of the stressful period of work, what you can do is then go and tap, again, on the specific events, on what happened at work.
For example, you might look at it and you say that was really stressful at work and it was especially because I had this project that was due that I felt really uncomfortable about and my boss was criticizing me about it. You tap on that, “Even though that was such a stressful period at work, I was so overwhelmed, and I can see it now, I can see what he said exactly, I see that email that he wrote me, it was so mean, and oh my gosh, I can’t believe I’m still angry about it.” Just tapping through that.

We’re just bringing up the memories. We’re just bringing up what was happening specifically. I always find it really helpful to use a pen and paper when you do this kind of work because a lot can come up. The question, “When did the pain first start? What was going on in your life…? You might have all these different things come up. Just write them down and know that you can tap on them individually when you get more time.

Nick: Nick, is there a difference between an event like Kathy’s event, which her mother passed away, and an event like a car accident or picking something up, an event that is more physical that seems more directly related to the pain.

Jessica: What’s interesting is that sometimes it’s one; sometimes it’s the other. That’s sort of the detective game. That’s your job now to figure out what could it be. For some people it’s an emotional issue. For Kathy, for example, she didn’t remember the moment where she had the pain.

What I’ve also found is that people will have, say, an accident. Let’s say there was a car accident. You say it’s obviously the car accident, right? It was the car accident. You can tap on the trauma of the car accident and the fear and any anxiety.

Oftentimes it’s not just the car accident itself. It’s the reaction, the emotional reaction we have to the car accident, or the events that happened during and after the car accident. Some of the latest research is actually showing – I just saw a couple brand new studies that are showing – that there’s a 24-hour encoding period in the brain in the body after an event.

Here’s what that means. That means that if you get in a car accident and you hurt your body, let’s say you have whiplash, some people heal from whiplash, some people don’t. The people that don’t might be ones that three hours later when they’re in the hospital had a doctor who’s a real jerk and they got really angry at them. Now you have this negative memory being encoded with the whiplash, being stuck there.

If we think, Jess, you and I share three lovely little nieces and nephews – two nephews and one niece. That’s our experience with kids so far. If you think about little kids and when they fall down and scrape their knee or bump their heads, how important the parents’ reaction is to it.

How sometimes you can bump your head, a kid bumps their head, especially Lucas – our little middle nephew who is three years old – he’s got a great way of bumping his head and just laughing it off. Other people will bump their heads and cry, and that parent reaction can make such a difference.

I sort of think, and I think we’re going to have more data on this really soon, that that initial reaction, that how we respond to it doesn’t change when we’re older. That we can be 40 years old, have an event, bump our head, scrape our knees, get in an
Nick: So powerful. When you talk about tapping on an event, again, I have to go back to this question because I know it’s the one everybody always has on their mind, but is it just about talking about the event as we tap?

Jessica: Yeah, that would be great.

Nick: Okay. Let’s do this. Again, to the question when did it start, especially if there was an accident, if there was a trauma, if you can identify a time period when it started. If it didn’t, if you say nothing happened, I just started being in pain, then ask yourself that question, when did it start? Ask yourself, what was going on in your life at the time?

We’re just going back to the originating event. Let that come up in your mind’s eye, and only let it come up as long as it feels safe to do so. So if it was an accident that feels really dangerous that you can’t even think about it, that’s okay. You don’t have to think about it all now.

Make sure you feel safe in your body. You can always explore more difficult things further with a practitioner or a friend or when it feels safe to do so. Just feel enough to feel safe in your body, to bring up the event in your mind’s eye.

Just start tapping through the points. What I mean is you can start tapping on the karate chop point and then move to the eyebrow, and side of the eye, and under the eye. Tap through the points at your own pace. Don’t worry about getting it perfect if you’re still learning the points. If you skip a point, that’s okay.

Just start playing a movie of what happened. If there was an accident what do you see? What comes forward in your mind’s eye? As you see it what do you feel in your body? You might bring the event up and say, “I feel all this tension in my chest; I feel all this anxiety.” What do you see exactly? Just tapping through the points wherever you are, under the nose, under the mouth, collarbone, under the arm, top of the head, feeling that memory in your body, seeing what comes up.

Tune in and see what really sticks out about this movie. Is there a part of it where it feels really strong? Is there a part that you keep flashing the look on someone’s face, what they said to you, what you heard, what you thought? Let the memories come up. Feel them in your body.
Tapping through the points, eyebrow, side of the eye, under the eye, under the nose, under the mouth, collarbone. Pay attention to how the memory perhaps shifts. You get other ideas, other impressions. Pay attention to your body. Pay attention to the tension in your stomach that all of a sudden releases, under the arm, top of the head, tapping through the points.

Pay attention to what emotions come up. How do you feel about what happened? I’m angry. Feel that anger in your body. Where is it in your body? I’m so sad. I’m frustrated at myself. I’m frustrated at the person who did this. I’m angry at the person who did this. I’m angry at God. What do you feel when you think of this event?

Run that memory, tapping through the points and just see how it shifts. See how slowly or quickly your body lets go. Let’s go over one aspect of this event and then another and then another. Keep tapping through the points, running the event in your mind’s eye, feeling the feelings, feeling them in your body, seeing what comes up.

Keep doing it until you feel a release, until you feel that it’s time to stop tapping for now. If we were together I’d be gauging when you had that release or a good time to stop, but we’re not so just tap a couple more points. Wherever you are, take a deep breath and let it go.

Take a minute now. You can pause this audio if you want. Take a minute. Write down a few notes as to what came up for you. What came up for you there in that process? What surprised you? Check back in on your pain and see, how has it shifted? What’s feeling better? What else came up? What’s going on with regards to this pain?

You can pause and keep tapping through the points if this memory is one that takes more time. We only spent a few minutes there just because of the sake of time and wanting to cover a lot of things, but you can spend 20 or 30 minutes tapping through that memory until it feels clear, until you feel that the charge is gone, that you can pull up this memory in your mind’s eye and you don’t feel that tension, anxiety, stress. That it just becomes a memory without a charge.

Jessica: What advice do you have for someone who starts this process and they find that the pain increases or the emotional intensity increases as they begin?

Nick: That’s a great question. It can certainly happen. I don’t see the pain go up too much, though I’ve seen it before. More than anything I see it change. It might be it was dull at an 8 and now it just feels more sharp or something. That’s how I see it go up. To me it’s just a sign that it’s shifting. It’s a sign that there’s something moving, to stick with it.

The second part of your question, what if it just feels too intense, you can back it up. You don’t have to go into the heart of the emotion immediately. You can tap on things like, “Even though it doesn’t feel safe to feel this emotion, I choose to relax now. Even though it doesn’t feel safe to think about this, I choose to know that I am safe and loved now.” You can just tap on your feelings.

Go slowly. Go one step at a time. It doesn’t have to all get done immediately. You don’t have to feel uncomfortable through this. If the emotion is too strong with a memory, just back it up. Take ten steps back from the vision. Or walk away from it and say this is...
too strong, I need to reach out to a practitioner or I need to reach out to a therapist who uses tapping to help me deal with this.

Jessica: When you finish doing a few rounds of tapping, do you check in with how the pain feels or how you feel emotionally?

Nick: That’s a great question. Both. You definitely want to pay attention to both. The nice thing about working with pain is that it’s such an easy thing to measure. You see very quickly, wow, it was an 8 and now it’s a 5, or now it’s gone. But the emotions are really so important, such an underlying part of this work is that emotional experience. We always want to check in to see how we’re feeling, to see how we might have released the anger, the sadness, whatever’s going on.

Jessica: Let’s dive into another aspect that you’ve touched upon already, which is limiting beliefs and diagnoses.

Nick: This is such a big thing. Jess, you and I have had a fun experience around this when it comes to Patricia.

Jessica: Yeah. You’ll never let me forget that one, will you?

Nick: Yeah. I know I’ve teased you many times and I will continue to do it probably because I’m your big brother. I think it’s in our job description. Patricia, for those of you who haven’t heard the story, was one of the ten participants that we chose for The Tapping Solution documentary film. People from around the country who were in physical pain, were dealing with grief, with PTSD, with all sorts of issues.

We had hundreds of applications for people who wanted to come to this several day event, and Patricia was someone who had applied. She had fractured her L1 in a boating accident. Can you imagine a first date with a guy who was showing off in the boat, the boat flew up in the air, she flew up in the air, she landed and fractured her L1. She had rods and screws in her back. She had all sorts of physical things. Jessica’s argument, I understand it, I understand where it was coming from, when we were trying to decide who would come to the event was, “You know, this isn’t just in Patricia’s head, she has screws and bolts in the back. You could see it. There’s x-rays. There’s something wrong.”

I used my big brother veto and had her come anyway because I felt like there was something that we can do for her. I don’t know if it was intuition or I’ve just seen it work on so many things.

Jessica: To clarify, I didn’t think it was just in their heads but I thought tapping helps with emotions. There’s a problem on an x-ray, so how could tapping possibly help?

Nick: Exactly. She had screws and bolts. It’s an x-ray. I know that might be the case for a lot of you. A lot of you listening have been given a diagnosis by your doctor, and it can be easy to hold onto that and say, “This is what it is.”

Patricia had been told by her doctor that she would never do yoga again. Imagine in those moments when we are most frail, when we’ve had an accident, when we’ve had fear in our bodies, when we don’t know what’s next and we’re looking up at these doctors in their white doctor’s coats and they say, “You’re never going to do yoga
again.” My gosh! Talk about a limiting belief. Talk about something being implanted in the conscious and subconscious mind when we are most vulnerable. One of the things that we did with Patricia – it was actually Rick Wilkes who tapped with her during that event – was tapped on the diagnosis, tapped on that limiting belief, the things that she was told she would never do again. Sure enough, through that tapping and some more tapping, she was pain-free by the end of the weekend. She got off all medications. She did yoga again.

Jess, I haven’t told you this, but I was actually reaching out to Patricia. This is now about six or seven years after we filmed her. I was reaching out to see how she was doing. I haven’t made contact yet, but I did see that she’s working at a yoga studio.

Jessica: Wow! That’s so great.

Nick: I think that tells you a little bit. I’ll report back when I hear more from Patricia, but I think it tells you a little bit about how her life has changed. So dramatic! She still has the rods and screws in her back, but her body has integrated them. She spoke about the fact, you see it in the movie, that in the first bit of tapping she went from feeling this battery pack in her back, she could feel the rods and screws, to no longer feeling it, to the body relaxing, to the nerve impulses changing in some way. Who knows what happened exactly, but she was pain-free.

What you can do at home is ask yourself about these limiting beliefs. What do you know to be true about your pain? What have you been told about it? You can think back. There’s two ways to tap on the diagnosis. You can do the same movie technique that we did before, actually running in your mind’s eye, the doctor telling you those things and feeling what you felt, feeling the emotions, thinking the thoughts that you felt. Or you can do some general tapping together, which is what we’re going to do right now.

Jessica: All right, let’s go for it.

Nick: Okay. Bring up that memory and ask yourself, what do I know to be true about my pain? You might answer I have degenerative discs in my back. Ask yourself, what’s the diagnosis of my pain? When you think about that diagnosis, see how you feel. Part of the challenge with a diagnosis is that oftentimes we think about it and immediately just bringing that up our energy goes down. We feel angry. We feel sad. We feel depressed. I can’t believe I have this diagnosis.

Just feel that. Feel this diagnosis in your body, in your mind. Give it a number in intensity on a 0 to 10 scale. Again, this is really subjective, a little more subjective than pain is. Say, my gosh, when I think of this diagnosis I’m so angry, I can’t believe he said that, and it’s an 8 or a 9. Just feel that diagnosis. Feel the emotion that comes with it. See the events come up.

Let’s do some tapping. Tapping the side of the hand:

Jessica: Even though I have this diagnosis,
I deeply and completely love and accept myself.

Even though they told me this about my pain,
And it’s true,
It’s the diagnosis,
It’s what the doctor said,
And I believe it,
And I deeply and completely love and accept myself.

Even though I was given this diagnosis,
And I believe it,
And maybe it’s holding me back,
And maybe it’s limiting my perspective,
And maybe it’s keeping me stuck,
And I deeply and completely love and accept myself.

EB: This diagnosis, 
SE: This diagnosis, 
UE: It’s true, 
UN: They told me, 
CH: The doctor told me this, 
CB: I saw the x-rays, 
UA: I know what’s wrong with my body, 
TH: I know it’s true,

EB: I believe I’ll always be in pain, 
SE: Because they told me that, 
UE: I expect pain, 
UN: Because I know about this diagnosis, 
CH: I know it’s true, 
CB: This diagnosis, 
UA: And everything that came with it, 
TH: So much anger,

EB: So much fear, 
SE: I can see myself, 
UE: Hearing this diagnosis, 
UN: And I can feel the shock to my body, 
CH: I can feel the fear, 
CB: I can feel the panic, 
UA: I can feel the tension, 
TH: Of this diagnosis,

EB: What if I could let it go, 
SE: What if I could release this charge, 
UE: What if I could release all this anxiety,
UN: Around this diagnosis,
CH: I see these memories,
CB: I feel them in my body,
UA: And I start to let them go,
TH: What if I could release this pain,

EB: What if they weren’t right,
SE: What if my body could heal,
UE: It’s happened before,
UN: To a lot of other people,
CH: It happened to Patricia,
CB: Why can’t it happen to me,
UA: What if my body could heal,
TH: What if I could be free of this pain,

EB: It’s exciting to think about,
SE: Just the possibility is exciting,
UE: I release this diagnosis,
UN: From every cell in my body,
CH: It’s safe to let go of this diagnosis,
CB: It’s safe to let go of all these things,
UA: It’s safe to feel excited again,
TH: About what’s possible,

EB: It’s safe to relax,
SE: It’s safe to feel strong,
UE: It’s safe to feel excited again,
UN: Releasing this pain,
CH: Releasing this pain,
CB: Releasing this diagnosis,
UA: Right now,
TH: Right now.

Take a deep breath. That was an example of—we obviously went a lot of different places—but the power of releasing the diagnosis. Tune back in now and think about what you know to be true about your pain, and just see how it shifted. Is there an opening? Is there a door of possibility?

Jessica: Nick, one thing that’s so great about the story you shared with us earlier about Kathy was that she had some relief with you and it lasted for a day. Then it came back, and so she went deeper. When it comes to doing this work ourselves, how do we build a practice? How do we take steps forward so that we do get the relief that we want?

Nick: Such a great question. I was so impressed with Kathy. I was almost excited that the pain came back because it forced her to go deeper. It forced her to do her own work. I think
that’s one of the powerful parts of this process. If you feel a shift today listening to this audio, listen again tomorrow. Listen again a week from now. Listen again a month from now.

I know for myself personally, and this doesn’t just apply to tapping, it applies to virtually every aspect of my life where I have found personal success and happiness and joy, a huge part of it I can attribute to this little thing called an MP3 player. It used to be a Walkman. I date myself a little bit, but I did walk around with a Walkman—

—and flipped the tapes in there, flipped them around. The reason for this, it’s this constant feeding of information in and going back and doing the tapping. This audio will be different for you a week from now or a month from now. You’re going to have different ideas, different impressions. You can go back and do the tapping again, and just continue that exploration.

This is important for pain, but it’s really important for everything else we’re addressing in the summit. When we see it as a journey, where every single day our goal is just to be a little bit better, just to release a little more of this pain, I think it makes everything so much more fun, enjoyable and fulfilling.

I certainly understand the goal with pain relief, to have it gone completely. I know that there are some people who probably had one-minute miracles, and there are other people who are annoyed that they didn’t have one-minute miracles. They felt a little bit of shift but say, “Oh my gosh, it’s not all gone.” Just know that if you wake up tomorrow morning with a little less pain than the day before you’re doing well. You’re moving in the right direction.

If you keep that commitment up, if you say I’m just going to take a little step, I’m just going to release one more thing today. You can set that goal for yourself around your pain relief, around the diagnosis, around the anger, around what happened. Just set the goal to let go of one little thing a day. The next thing you know, you look back a month later and you’re a new person.

Jessica: Amazing. Nick, any final thoughts?
Nick: Yeah. I want to just give a couple more questions that I can leave you with.
Jessica: Please, yes.
Nick: I think it’s a great way to leave you with some things to think about that you can tap on.
    How does that sound?
Jessica: Yes, please.
Nick: Okay. Another great question: Who comes to mind when you think of this pain? Think of the pain in your body. Who does it represent? The obvious one that many of us have heard, it doesn’t apply to me because I have a great mother-in-law, but this neck pain might represent that pain in my neck, my mother-in-law. So who does it represent?
Another great question, how do you feel about having this pain? Just having the pain. You might say I’m angry that I’ve had it for so long, I’m angry at myself. That’s another great question, how do you feel about yourself with this pain? I feel like I’m not good enough because I’ve had it for so long and I can’t find a solution.
If that comes up then you can tap on, “Even though I feel like I’m not good enough, I’m so frustrated, I’ve had it for so long and I can’t find a solution, and that makes me so angry at myself.” You can tap on that, release that resistance to change.

I remember just a few weeks back we had this pain relief event, and there was a lady who was there throughout the weekend. She had a little relief, but not the relief that a lot of other people saw where their pain went away completely so she was frustrated. I did a live Q&A call for the group about two weeks later and she got on the phone and we tapped together and she said, “I am so frustrated. I’m so angry that this is working for other people and it’s not working for me.”

We tapped just on that, “Even though I’m so frustrated, I’m so angry, why isn’t this working for me?” Did nothing but tap on the frustration, her pain shifted in a dramatic way. She was over the moon. She says, “I can’t believe it, finally it’s happening.” To me it was that frustration. It was that resistance that was really keeping her stuck.

Another great question, who would you be without this pain? You might say, I’d be a totally different person, I’d be able to do so much more, but I have a lot more responsibility than I have now and that scares me. You might say, “Even though I’m scared to have more responsibility to lose this pain.”

Another great question, does this pain have a message for you? Does this pain have a message for your life? You might say, it’s telling me to slow down, smell the roses, reevaluate what I’m doing in the world.

Two last quick questions. What’s the upside of holding onto this pain? One example is I don’t have to go back to work and work is stressful. Then what’s the downside of holding onto this pain? Example might be: I can’t live the life I want to live. Those are all just clues. Those are clues, questions that you can ask yourself. You can go a lot deeper with those questions and just see what comes up and tap on that.

Jessica: Nick, can you leave us with one last inspiring story?

Nick: Oh, my gosh. I want to tell you about David, who came to “The Tapping Experience for Pain Relief” event. He’s an American Indian elder. He’s a marine. David is just an amazing, amazing guy. I’ve actually been in communication with him the last couple of years because he’s been sharing The Tapping Solution at marine bases and VA hospitals, and just really a big proponent of tapping. He had been doing a lot of tapping, but he had this arthritis pain that just wouldn’t go.

He came up on stage and we tapped together. We tapped on some traumatic events, some specific traumatic events. It’s something that we didn’t get to explore too much on this call, but I have seen a huge correlation between childhood trauma between traumatic events and pain.

Again, we haven’t had time to go deep here. It’s a deep issue that oftentimes needs to be addressed with a practitioner or someone who knows what they’re doing. But childhood trauma and pain can be really connected, so if that’s going on for you pay attention to that. That’s something that you might want to explore in a safe way.

He came up and tapped and had a great result, and the next day was moving around. We actually have video of him stretching and moving.
Jessica: That was amazing.
Nick: Jess, you remember him jumping up and down.
Jessica: It was incredible. He was like a different person. It was unbelievable.
Nick: What was really exciting for me – again, I love the results, but I love the medical backing of it since we live in a medical world. He emailed me just a week or two ago and said that he went back to his doctor, had blood tests done. He knew he was pain-free, he knew he didn’t have arthritis, but all the markers for arthritis in his blood, all the inflammation, all the other markers whatever they are—I’m not an expert on it—were gone.
Jessica: Wow!
Nick: He didn’t just turn off the signal to his pain. He found a way to heal his body, and to me that is so exciting.
Jessica: I don’t think I’m ever going to stop being surprised by this.
Nick: I’m not either.
Jessica: You’d think after seven years.
Nick: Every time – like I said before – I say, “Really?” This is a new paradigm for us. Most of us have lived all our lives and we’re still surrounded by a different approach, something that says that we can’t heal ourselves, that this pain can’t go away, that we can’t get to these underlying challenges in our body.
I read the other day in the New York Times that they just found a new tendon in the knee. You go, what? Yeah, yeah, a tendon that they just discovered. There have been millions of knee surgeries done. It’s anatomical. It’s right there. It’s like how did we just discover a tendon? But it just goes to show how little we know about the human body, how little we know about how it really operates and what’s possible.
Jessica: Thank you for showing us what’s possible, Nick. This has been an incredible conversation. Thank you.
Nick: Thanks, Jess.