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## **Tapping into Your Healing Power: How a Body Breakdown Can Lead to a Breakthrough**

Jessica: Even the most conservative doctor would agree that your emotions impact your health. Studies have linked stress to increased blood pressure and cholesterol levels and altered brain chemistry, blood sugar levels, and hormonal balance. Stress impacts your immune system, your endocrine system, and nervous system. Emotions even impact our body's ability to recover from a physical ailment.

The challenge is that when we are struggling with a health problem, we often fall victim to emotions like frustration and even sadness. In this interview, you'll learn how even your worst body breakdown can lead to a breakthrough. Your body has more power than you realize, and today you'll learn how to tap into your own healing power.

To show us the way, we are speaking to Julie Schiffman from JulieSchiffman.com. Julie is an expert EFT practitioner who has been practicing for over 20 years. Julie received her Masters degree in Social Work in 1992 from the University of Illinois and then went on to practice with Dr. Mercola's Center for Natural Health for over 15 years.

With over 20 years of experience, Julie has worked with literally thousands of people, including children and adults. Julie now has a private practice and continues to use meridian tapping to address physical and emotional challenges. I'm really excited to have this conversation with her. Welcome, Julie.

Julie: Hi, Jessica. As always, it is such a pleasure to be here with you.

Jessica: Well, one of the reasons, Julie, I keep inviting you back—one is because you're brilliant. The other reason is that you've worked with so many people, hundreds and hundreds of people, so you do have some incredible stories that I'm excited to hear about. I want to start by talking about really what this next hour is about, which is going from a breakdown to a breakthrough. What is it to have a body breakdown?

Julie: Well, first and foremost, I want to say that I'm not a doctor. I have no medical background. However, as you said, I have worked with thousands of clients over



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the years, helping people to understand how their emotions and how their experiences from their past can affect their body today. When I use the term breakdown here, I'm using it lightly.

But oftentimes this is really how people feel, like their bodies are really breaking down on them. This can run the gamut, of course. But overall, they feel like their bodies are just not functioning in a healthy manner anymore. One problem, pain, or ailment has really led to another and then another and another, and it feels out of control.

They're physically suffering in such a way that they're feeling scared. They're feeling vulnerable. They're at a point where they feel they no longer have any control over what their body does. There are a couple of things to look at here when we're talking about a breakdown of some sort. There are the physical symptoms and there are the emotional symptoms as well.

The physical symptoms may be obvious as people suffer with pain in any area of the body. It can be easy at first to ignore these signs and signals of physical pain, because oftentimes we just have a little pain, a little something here or there, and that's fine, and so we forge ahead. But sometimes it's a little bit more serious, and we continue to forge ahead, and we believe it will go away or we don't want to deal with it.

But I'm not exaggerating here when I tell you that if you continue to ignore it, it will get louder and louder until you're willing to listen to what your body is trying to communicate to you. For many people, this might really turn into a diagnosis of something big, of some sort of disease, cancer, diabetes, fibromyalgia, digestive issues, whatever it is.

It's important to listen to what our bodies are trying to tell us. The other piece of this are the emotional symptoms of a breakdown. We might be feeling okay physically, but emotionally we might feel like we're really having a hard time. That might be extreme feelings of fear and anxiety or panic, maybe out of control feelings of feeling really angry or feeling depressed or sad.

Everyone describes their experiences differently, but the bottom line is that they feel as though they are no longer in control of what is happening in their body.

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Your body is speaking to you. What is it trying to tell you? The answers are there if you're willing to listen.

Jessica: Right. Do you think one of the reasons people struggle with listening is because they're scared of facing fears, like feeling overwhelmed or just the fear of the unknown.

Julie: Absolutely. Absolutely. Even though our body is where we live, that is the one place where we live, we can move our bodies to wherever we want it to go. But when we are in our body, that's where we are. So when it doesn't feel good, I think there's a lot of fear there. What is this? What does it mean? Is it going to get worse? What do I need to do about this?

Do I have to change my lifestyle? Do I have to change the way I eat? It can be very scary for people, because we get used to being in a certain way. We've been in our bodies our whole life, right?

Jessica: Yes. So I see here that the very first step is to take that moment to begin to listen to our body, instead of looking at our body as something that's betraying us, looking at the body as a messenger and being open to that. Now, my next question is about being open to that. What's so interesting about you, which I've mentioned before, is you've had so much experience, and you've worked with Dr. Mercola.

I can imagine that people go to this doctor, and they have a physical ailment, and they want to have some kind of prescription or some kind of plan, and then oftentimes Dr. Mercola sees that there is an emotional aspect and would send them across the hall to you. I'm sure for many people that was a very new experience, of why is this doctor suddenly making me sit with this other woman who is a social worker in this tapping practitioner.

What do you say to someone who still is not completely convinced that their emotions are really making that much of a difference when it comes to their health, especially if they're pointing to something like a diagnosis or an accident or just an event in the past that they look at and say, "This is why I'm in pain."

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Julie: Great question. At this point, I think most people would agree. There is so much research and evidence that stress affects our physical health. The medical profession, as you said earlier, has long known and understood that stress is a major factor in determining one's health and the ability to heal. I often will ask people where they carry stress in their body.

Somehow people are able to hear that a little bit better than kind of their life circumstances and their emotions and all of that. But people seem to know and recognize where they carry stress in their bodies. When it's phrased that way, they're kind of able to see it a little bit differently. I personally carry stress in my neck and shoulders. Someone else might carry stress in their back, or anywhere else.

I actually had a client a few months ago who recently had had a heart attack. He came in to kind of deal with the aftermath of that. It turns out that his wife had just told him about a month earlier that she wanted a divorce after 46 years of marriage. He wasn't expecting it at all. He really felt like he had a broken heart from that.

Is it that his heart was weak to begin with? Probably. Right? I mean, we're not going to blame it all on this one thing. But there probably was a weakness there. I think the symptoms that we have are very often tied to the story behind it. There are always so many different examples that I can come up with where someone has a pain in their neck, and metaphorically you say, "Well, who in your life is a pain in your neck?"

Almost instantly someone can tell you who has kind of been bugging them, someone who has been stressing them out. But where everyone is the same, everyone is different in obviously how they experience things. But where everyone is the same is that we cannot have a physical pain or a symptom without having a feeling or an emotion about it.

We cannot have an emotion about something without feeling it physically. It is simply impossible. If we're feeling anxious, we might feel butterflies in our stomach. If we're feeling angry, we might feel our blood is boiling or get a pit in our stomach. We might feel a lump in our throat if we're feeling sad. Many people have learned to shut off their emotions. They deny them.

They disconnect them, because it feels safer to do that. We don't want to deal with that stress. This is probably something that we learn in childhood. It doesn't feel safe to speak up or be seen or that kind of thing. I always, always, always ask my clients to identify where they feel something, an emotion or a pain, in their body, because illness does not come out of nowhere.

I'm going to say that again. Illness does not come out of nowhere. It starts with something little, and it gets bigger, and it gets bigger. When we're incapable of listening to our bodies or choose to ignore what it's trying to say, it will get louder. That's when the breakdowns start to happen.

Jessica: Julie, why do you think tapping works so well with physical problems?

Julie: Because tapping is amazing.

Jessica: You don't have to sell me on it.

Julie: Yes, right. It really is. So this is a good time to talk about how negative thoughts and feelings create a disruption in our energy system.

Jessica: Yes, please.

Julie: This can lead to a physical breakdown in the body. Let's do a really short, brief experiment here.

Jessica: Sure.

Julie: I want everyone listening, even you, Jessica, if you want, to think about something that's bothering you. You don't have to say it out loud. Just think about something. It could be a little stress or a big stress. Nothing too deep here. Let's just think of something within the past couple days that has been irritating or troublesome, something that has been on your mind.

Now, the second I asked you to do that, something happened. You got zapped in some way. What I mean by this is that you had a picture of something in your head. Instantly you went somewhere, somewhere that—a thought, a memory of

something, something that bothers you. When you immediately referred to something, that stressed you out.

Perhaps it made your stomach jump. Maybe it made your eyes well up or your chest tighten up. These are all examples. But that picture in your head that you just went to is made up of all sorts of emotions and all sorts of thoughts. They're probably negative, since we were talking about stress. See how that made your body feel?

Think about how many times a day that must happen. Every time you allow something to bother you, your body gets zapped in some way with bad feelings. It causes your body to respond to that, and it creates a disruption of energy in your body. How does tapping help? In the most simplest of terms, it gets the energy moving in your body.

It really does look like a funny thing, although at this point it's so second nature to me I don't even think twice about it. But by tapping it removes the disruptions within your energy system. If we were to start tapping on that thought that just bothered you a second ago, you would probably notice within a few minutes that it would either dissipate or you would start feeling more relaxed.

You would start feeling differently about it. It sends a message to our brain, specifically to the amygdala in your brain, to relax, to know that everything is going to be okay.

Jessica: Right. Incredibly power when we do that. What a great experiment. Honestly, I never thought about it like that. Every time we have that stress, we are zapping our body. It completely makes sense why so many of us are exhausted by the end of the day, because we're running this pattern. I think this would be a great opportunity for us to just get into doing some tapping, especially for those who feel like, "I've been zapping myself too much already today." Is it okay if we go into some tapping?

Julie: Absolutely. I just want to say, on the heels of what you just said, we have, I think it's 70,000 thoughts a day, and 40,000 of those thoughts are repetitive. Okay, 40,000 thoughts are repetitive throughout the day. For anybody who is listening to this, if you know what your self talk is, the things that you tell yourself when you



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look in the mirror, when you get up in the morning, when you're in a conversation, when you're in a meeting, when you're talking to your spouse or your parents or whatever, when you think about the things that stress you out, 40,000 thoughts.

You could get zapped so many times throughout the day. That's where tapping really, really comes in handy, because we're going to have negative experiences. We just are. We're going to experience things that don't always feel so good to us. It's life. It's part of life. It's how we learn. It's how we grow. It's what we do with it from there that makes a difference. You don't need to stay in that.

Jessica: Yes. Amen. Amen.

Julie: Yes, so now we can tap. Yes.

Jessica: Everyone that's listening, please, please tap along. I will be tapping as well and repeating after you, Julie, so whenever you're ready.

Julie: Great. So we're going to start tapping on the karate chop point, the side of the hand.

KC: Even though my body feels like it's breaking down,  
I'm in pain.  
I have symptoms.  
My body is clearly trying to tell me something.  
I love and accept myself.

Even though my body is saying all sorts of things,  
With pain and discomfort,  
Fatigue or stiffness.  
I honor and accept that is so time for me to listen,  
And let go.

Even though I might have some shame about this,  
And some guilt,  
That maybe I brought this on myself,  
By things I did or didn't do,

By not taking care of my body in the way I think I should have,  
I love, honor, and forgive myself.

Julie: We're going to tap on the inner eyebrow.

EB: I feel like my body is breaking down.  
SE: Maybe this has been going on for a long time.  
UE: Or maybe these symptoms are new for me.  
UN: Either way, I am scared.  
UM: I'm tired of feeling this way.  
CB: The pain.  
UA: Fatigue.  
TH: The discomfort.

EB: The medications.  
SE: I am frustrated.  
UE: I am scared.  
UN: Sometimes feeling hopeless.  
UM: Perhaps wondering, why me.  
CB: In any event.  
UA: It really feels like my body is out of control.  
TH: It doesn't listen to me anymore.

EB: Or maybe it has been listening really well.  
SE: I'm not always so kind to myself.  
UE: I have a lot of judgments.  
UN: Lots of criticisms of myself.  
UM: Sometimes I can be my own worst enemy.  
CB: I'm really sorry for that.  
UA: I only know what I know.  
TH: I didn't know that I have a choice to make a change.

EB: That by changing the way I see myself.  
SE: The way I talk to myself and let go of the past.  
UE: I can actually make a breakthrough.  
UN: I can break through the barrier.  
UM: Which has been keeping me stuck.



CB: Feeling like I don't have the power to heal.  
UA: But I do have the power to heal.  
TH: Even though I have days.

EB: When I have lots of doubts and shame.  
SE: I'm here to make a change, a connection.  
UE: I'm here to listen to what my body is saying.  
UN: I forgive myself for believing this should be hard.  
UM: It's time to let it go. I'm ready to heal.  
CB: My whole body is listening.  
UA: Going from breakdowns to breakthroughs.  
TH: Starting today.

Julie: Take a big deep breath in.

Jessica: Thank you for that, Julie. That was so powerful. I love that. I always get like a tingly feeling in my arms when I do tapping.

Julie: It's great, isn't it? Yes, I know. It's a great feeling. It's such a great feeling. It's like you just want everyone to know about it, right?

Jessica: Right.

Julie: You just want the world to know that you can feel so good.

Jessica: Yes, and I can imagine that what we just did is an incredible process that people can go back to again and again. I invite everyone that's listening, if you did notice that you had some tension, check in with your body now and notice, do your shoulders feel more relaxed? Has the pain gone down? Has the tension gone down?

What's great about pain is that it's measurable. I think one of the reasons tapping is spreading so quickly is that people tap on pain and they have an experience and they talk about it. Now, with something that's a little bit more challenging in the sense that it's harder to measure—so, for example, digestive problems, or maybe you're dealing with constant migraines, but you don't have a migraine right now.

How does someone kind of maneuver through that? How does someone know that what they're doing is helping them and whether they're doing it right and moving in the right direction?

Julie: We do a lot of digging. We really do. We do a lot of digging. Talking about digestive issues, I'll tell you a story about a guy. His name is Chris. I'll call him Chris. He's about 37 years old. When he was 19, he came to see me when he felt he was at the end of his rope. He could barely eat anything without running and going to the bathroom, fluctuating between diarrhea, terrible pain, cramping, bleeding.

He lost a great deal of weight and felt as though his body was just breaking down. He had seen all sorts of doctors over the years. Nothing had seemed to help. We'll get back to your question in a minute, but I want to make the connection here first. We did a great deal of tapping on the symptoms and emotions about diagnosis. Suddenly he started having memories of his childhood, which were not very pleasant.

There was a great deal of abuse in his past, which he never really talked about, because he came from a really religious family, and he learned that it was a sin to tell anyone what happened and all of that. He literally could not digest what was occurring, what had happened in his past. It most definitely took some time. But we tapped together, spent a good period of time tapping on his own.

Today he really is healthy and he's functioning and whatnot. But sometimes he's not feeling so great. He overall is doing very, very well. Sometimes you have to really dig. You have to find out what is really at the crux of that. Like you said, if you suffer with migraines, but right in this moment you are not dealing with it, you look at what's going on.

When you do have a migraine, what's happening? Are you experiencing sharp pain? Are you feeling a dull ache? Number one, what in your life was maybe occurring when they started? There are all sorts of different things to take a look at. Where some people may really know what their story is already, it might seem overwhelming, and they may not know where to start. Can I kind of talk about the three things that I tell people to look at with their story?

Jessica: Please, yes.

Julie: Okay. I think everyone has a story that they tell themselves. You, meaning anyone who is listening, knows this story better than anyone. It's the way that you talk to yourself. It's the way you talk to your best friend, your partner, your mother, your father, your doctor. We all have a story that we tell. We might be stressed out. So even though you're suffering from migraines and you think that life is pretty good, you might want to examine a few things.

Number one, I want to make it very clear that there is no blame here. This isn't about blaming anyone, mostly yourself. It's not your fault. We all do it. It's just the way that we have identified ourselves over the years. The first thing I tell people to look at is what your physical symptoms actually are. What do you think your body is trying to tell you?

As I was saying before, what kind of stress was going on in your life when the pain or the symptoms started? If you can easily identify this, then start tapping there. Tap on an experience. Tap on a memory, the symptoms, the pain, and see what surfaces when you think about a particular stressor.

Jessica: Julie, just to pause it for one second, when someone is doing that and they're tapping on their symptoms, a lot of times people want to tap, but their block is, they say, "I don't know if I'm doing it right. I don't know if I'm saying the right words." What advice do you have for someone who is just focusing on their symptoms? How do they get more comfortable with doing the tapping by themselves?

Julie: I say that you can't do it wrong. Really, that's where I start out. You can't do it wrong. You have to do something. If you want to move forward, you have to start right here and now even if you're not sure what to say. What I tell people to do is really look at, again, what's the way you complain about this symptom, the way that you've told other people about it.

We get so good at telling this story. We tell everyone about it, anyone who will listen to us. We've got to tell them about it. We've got to tell our doctor. We've got to tell our friends or whoever, because we want people to understand it. So



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write it down if you need to. What are all the things that you feel about this symptom.

Whatever it is, whether it's a headache, whether it's low blood sugar, whether it's a knee pain, whether it's a pain in your side, whatever it is, write down everything about it. Where do you feel it? How big is it? On a scale of 1-10, how bad can it get? How do you feel about it? Does it make you feel hopeless? Does it make you feel like you don't have any control? Are you really angry about it?

Really get into every aspect of this and write it down if you don't know where to start. Just start with the first thing. You can start with, "Even though I have this pain. Even though I don't know where this came from. Even though I'm so frustrated because I don't know how to tap." Really.

You can really just start there, because what will happen is just the act of tapping, the act of acknowledging that you are feeling it, that you are feeling it physically, emotionally, mentally, spiritually, the fact that you are addressing it will catapult you into some other place. It just will. It will lift you up and move you to a different space, and then you can kind of tap from there.

So a pen and pencil can come in very handy when you're tapping to take notes, if you're motivated to do that. What we're talking about here could be potentially deeper stuff. This might not happen overnight. We all hear about the one-minute wonders. I've seen them a million times. You have, too, I'm sure. But overall I don't like to send the message that that's what it is.

Jessica: Right. I think it's important to address that. I like the story about Chris, how he saw such a significant difference in his health, and then any time a problem creeps up, he has the tapping to go back to. I think we need to stop looking at things as good or bad, that suddenly we'll get to a place where everything is fixed. Your body is always giving you messages.

You might have massive breakthroughs, and down the line, if you sink into some old patterns or something is happening in your life, your body is just saying, "Hey, you're getting off course. You need to pay attention to me."

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Julie: Exactly. Exactly. I'm so glad you mentioned about the good and bad. We do get so caught up, and I say this to people all the time. We get so caught up in this is good and this is bad, and this is good and this is bad. It's not about that. What's good to you might be bad to somebody else, and what's bad to someone else might be good to you.

There's no labeling it, and so this kind of brings me to the next piece of it, if I can move ahead a little bit here.

Jessica: Please. Yes.

Julie: The second thing that I say to look at, and we're going to kind of look at that, that you're not your experiences. Make a list of memories that really stand out for you throughout your life. This is almost like the personal piece procedure on some level. You want to start from your earliest memory, and write down memories that really stand out for you as being stressful.

Now, if this seems really overwhelming, or if you're someone who doesn't remember your past, then that's okay, too. Just start with where you can. It doesn't have to be full blown trauma. It might be little traumas, those little things that kind of come up, but that really made such an impact in our lives. You start addressing how you felt overall as a child.

How were you seen? If you felt judged. What was your role in the family? Were you a caretaker, a scapegoat, a peacekeeper, a troublemaker? How was school for you? Did you feel like there was a lot of pressure to succeed? Or did you feel like you were someone who really struggled? How were your relationships with your immediate family? How has this led to who you are today?

You want to move into the teenage years, the post high school years, your early 20's. Look at transitions in your life. How did you handle those? Now, these are all just suggestions. You can come up with anything that works for you. But if you notice feeling stressed about any of this, as you think about it, then tap on it. The bottom line is, who have you become because of these experiences?

Who do you believe you are because these things have happened to you? It's so important for you to know that you are not your experiences, and you are not your

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emotions. This past weekend I went to go hear Oprah speak, which was phenomenal. One of the things that she said that really, really stuck out for me was, “What has happened to you has happened for you.”

What has happened to you has happened for you. I just think that is so—I really think that’s so profound. We look at these things that have happened to us that have made us become victims, that have made us become weak, where we feel we’re not important. We feel we’re unworthy and all of that. It’s not. As I was saying before, it’s a moment to just be able to catapult you, to move to the next level, where you don’t have to hold on to that.

It’s not good or bad. It just is. You don’t have to stay there. It’s time for you to look at your life and let go of what’s holding you back and making you sick.

Jessica: Right. This is a moment when it’s so important to trust our intuition. When it comes to looking back at our lives, there are a lot of moments. There are a lot of memories. Sometimes people start this process, and they go, “Well, I don’t even know where I’m supposed to start, or if this memory even made a difference when it comes to my digestion or my back pain,” or whatever it is.

I find that our mind will lead us to where we need to go. The first memory that pops up, or the one that just seems the most vivid, that’s grabbing our attention, is the best place to start. Would you agree?

Julie: I totally agree. I totally agree. The third area that I want to just mention really briefly to look at are the various areas in your life today. If you’re not going backwards, start where you’re at today. Look at intimate relationships, friendships, family, health, finances, hobbies, your weight, your spirituality, any area which is important to you.

Sit down with a pen and paper and list all the different areas in your life which are important. For each category, write down your self talk about these areas. For health, you might say, “I wish I would eat better. I know what I should eat. I’m not eating so well. I feel fat. My parents always told me I was fat, and no one will marry someone who looks like me.” Those are just some examples.

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Maybe it's a hopeless feeling, a guilty feeling. Or if you're looking at finances, if that's a stressor for you, what's your self talk around that? "I never have enough. I work so hard. I never get ahead. I get no support from my spouse. They just spend, spend, spend." Look at all of these areas, the three different areas that we just kind of went through here.

You will be able to come up with quite a few things, I'm sure. If you can't, you really need to sit down and think about it. How does it make you feel? Are you angry, sad? Do you feel hopeless? This isn't going to happen overnight. I just want to make it really clear. There are a lot of great EFT practitioners out there who can help you with this if you can't figure it out for yourself, but you have to do it.

Jessica: Right. When someone decides that they really want to make a difference with this health challenge, they want to go through, like you said, symptoms, memories, and the different categories in their life, how do they set themselves up for success?

Does this mean that we should plan a certain amount of time every day to tap, some time to sit with these different categories and take notes? How do we structure this so that we actually do it?

Julie: Absolutely. Such a great question. I say people should tap every day. People really have to make an effort to do this. Listen, if someone is sitting down and taking an hour of their time to listen to this interview then they are taking the time to make a change.

They're listening because they want to change, so there are couple of things that I do recommend. First thing in the morning—you can do it when you wake up, when you're laying in bed, before you jump out of bed for the day. Kind of see where you're feeling. See how your body feels. See what your feelings are about the day ahead.

Maybe it's something that's still on your mind about what happened yesterday. Tap for that. I personally think a great time to tap is in the shower. I kind of love the water just washing everything away. Maybe not everybody feels that way, but



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that is the way that I start my day. It takes two seconds. I'm there. No one is going to bother me.

My phone is not going to ring. I'm not going to have to answer an email. My kids aren't going to bother me. I take a few minutes to tap then. As the day goes on, if you're stressed throughout the day and there are people around, you can go into a bathroom and tap there. Set up a schedule for yourself. You can get an app on your phone that puts a little alarm on.

I can't remember the name of it, but there is one. That can remind. You can put a little notice on there, tap. You don't have to spend 20 minutes with this. You don't have to spend your entire day tapping, because none of us has that kind of time. But you can definitely spend two minutes. When we go to the bathroom, we've got nothing else to do anyway. We're just sitting there for a minute. Also a really great time to tap, two seconds.

It doesn't have to be a big thing, but just focus on where you're at. If this is something that is totally new for you, that you don't know where to start, you don't know what you're doing with this, just do it. Just the act of tapping alone, even if you don't know what to say, you're getting energy moving in your body. Everybody knows what it feels like to want to feel calm and relaxed, to just allow their shoulders to go zoom.

You just want everything to just go, "I'm feeling calm. I'm feeling relaxed." But when you really want to do the deeper work, then you've got to make some time. If you really want to sit down with these lists, what we're talking about here, set aside some time for yourself. If an hour feels like too much, which it very well might for some people, set aside 10 minutes.

I would say don't set aside just a minute. You probably want to set 10 minutes, 15 minutes. Some people have a lot of time, and they're just going to sit down for a couple hours. It's whatever works for you. But start small if you can, because otherwise you're going to get overwhelmed and say, "I don't have this time. I'm not going to do it at all.

Set aside 10 minutes and take one thing. If you're looking at this list that we just made a list of, and you're stressed about—well, we're talking about body



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breakdowns and whatnot. So you have digestive issues. You're bloating every day. You can't digest your food. What in your life can't you digest? What's going on in your life now?

Or what has happened in the past that has made it so that you can't digest what's happening? Just really look at that, and then start tapping and say, "Even though there might be some stress in my life, even though I'm bloating every day and I have no idea why, I have no idea what Julie is talking about in terms of what happened in my past, I'm just going to sit here and tap anyway, because I'm hoping that something is going to come up for me."

I had a gentleman the other day, just a few days ago, that came into my office, 81 years old, incredible shape. I think he said five years ago he rode his bike 110 miles to raise money for leukemia. Yes, an amazing, amazing human being, wonderful. He's having some major digestive issues. He has acid reflux. He said it's just ruining his life, and he's pulling out all his medications.

He's like, "I don't want to live like this. I don't want to be on medication. I don't know what this is about." Then he starts talking about how—he's talking about the state of the world and how stressed he is. He's a very successful man and has made a lot of money throughout his life and is really frustrated with, as many people are, just the stress of the world, what's happening.

He is so stressed about that. He was so—every day, all he could do was think about it. Of course, that's not something from his past, but it is something that he is so stressed about, and he can't digest. Like I said, he's 81 years old. He comes from old school. Lots of things have changed since he was younger. We really did so much tapping on it.

He was sitting in this chair and just sobbing and sobbing and sobbing. We did so much tapping around feeling like you don't have control over certain things. But you do have control over your actions, your reactions, the way you choose to feel about things. So, oh, my God, he was like a different person, honest to God. That was one of those almost one-minute wonders.

I haven't seen him again since. That was literally like two days ago, so I don't know where he's at now. But his whole face changed. The color came back in his face. It was amazing to see that. It was amazing to see that.

Jessica: It brings us back to what you were saying before, and that amazing exercise, about how when we think about the stress, how it shocks our body, so even when we take moments to tap, it makes a difference. I think people think they have to have that long hour session, which there is definitely a place for that. But we often think if it's this easy it's not worth it.

Or, if I'm only tapping for a few minutes in the morning, it's not worth it. It really is.

Julie: It really is. It really, really is. I just can't stress it enough. I think once people start doing it, once they start doing it, all of a sudden, they just see. All it takes is one or two rounds. Maybe even that round we just did, hopefully people were just able to even—even if you just feel your body relaxing, that round isn't—these are general scripts, obviously.

You really want to get specific here. You really want to be specific with what's going on. But, hopefully, just in that round of tapping, even as you said, Jessica, it's like, "Ah, I just feel relaxed. I just feel relaxed." When our body is relaxing, our body is always in mode of healing. Our nature is to feel good. Our body wants to feel good. It doesn't want to be in pain. It doesn't want to be in upset.

It doesn't. It wants to feel good. That's our nature. That's where we come from. Just by doing the tapping and just allowing your body to relax, it's already in a state of healing.

Jessica: I'd love to hear some more stories and do some tapping. But first, just another question. When it came to this man that you were working with, this is a perfect example of how that stress was that constant zap, and that was bringing him down. Now, what if somebody is having a body breakdown, but they can point to a specific event that might not be—they don't look at it as an emotional event.

They look at it as a physical event. For example, they fell down the stairs, or they ate something that they had an allergic reaction to. I don't know, whatever it

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might be, but it's like this event, and they're pointing, and they're saying, "No, it's not emotions. It's not this chronic thing that started out of stress. There was this one particular moment when everything went wrong." Can tapping still work, and how do you approach that situation?

Julie: Absolutely. What I tell people with that is that, okay, you fell down the stairs, and maybe you broke a leg, or maybe you hurt your hip, or whatever. You still have emotions about it, right? Right. So that's not caused from maybe something that happened 20 years ago. It happened. I say that you start with what your feelings are about it, and I'll give you a quick example about that.

This is a personal example. I have three kids. I was taking them to—they each had a dentist appointment, so we were leaving, and one of my kids was taking their time, as they do. I'm getting them in the car, and then one of them forgot something, and so I ran in the house, and I ran out, and I slammed my finger in the door.

Oh, my God, if I could tell you in a matter of two seconds it was like the size of Florida. It was so big. It just swelled up so quickly. I hadn't even gotten in my car yet. I was in tears. I was in so much pain. Oh, my God. But I've got to get my kids to the dentist. We're in the car, and I am tapping like crazy, and the dentist is 20 minutes away.

I am tapping and tapping and tapping. Let me tell you what I'm tapping on. I am tapping on—my God, it hurts like you can't even imagine. So the throbbing and the fact that it has just swollen up completely. But then what I start tapping on is, I was so frustrated. Why didn't they get out the door faster? Why did my daughter forget whatever she forgot in the house, where I had to run back in?

They're always forgetting things. So like the resentment and the frustration and the anger, and I am tapping, tapping, tapping, tapping. Honest to God, as God is my witness, by the time my first one was done with the dentist appointment—they went one after another. By the first one was done, there was not one trace. I swear to you, I said, as God is my witness, there was not one trace of any bruising, of anything.

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I myself was astounded. I know how great tapping can be, but even I was like, “All right, this is going to be so painful for two weeks.” I knew nothing was broken. It was just really, really painful. But it just completely—so my point is, so if somebody falls down stairs, well, you still have emotions about that. Maybe you were rushing. Maybe you slipped. Maybe someone left something on the stair.

Maybe you felt stupid because you missed the step. Maybe you were annoyed, because your knee was stiff and you tripped over that. There are always emotions that go around something. Like I said before, you can’t have a pain without an emotion about it. You can’t have an emotion without feeling it internally. You just can’t. It is physically impossible. You just tap on whatever your thoughts are, whatever your feelings are about it.

Jessica: I want to talk about what’s actually happening, our understanding of what’s happening in that moment. When we suddenly have an accident, we have the emotions on top of it. Suddenly, not only are we in physical pain, but now we have the overproduction of cortisol, which causes that hormonal imbalance. We have the adrenaline.

We have all that stress is impacting, again, the immune system, the endocrine system. We suddenly begin to work against ourselves. So our body isn’t able to do what it’s meant to do, which is recover. This is the thing, it’s not that tapping is some magical thing. It’s that tapping allows your body to do what it’s meant to do, which is recover after slamming your finger in the door.

Julie: Absolutely. That’s what it is. Right. It’s not something magical. Right. Exactly. It just allows your body to recover. It allows it to heal. It allows it to get back to its natural state, which is where it wants to be.

Jessica: Right, from breakdown to breakthrough. Exactly. I would love to end with some tapping. But before we do that, can I squeeze one more story out of you, because I find these to be so helpful.

Julie: Absolutely. Think of a good one. Think of a good one. Okay, so do you want to hear one about anxiety or about arthritis?

Jessica: Arthritis. I think that's a big one.

Julie: Arthritis. Okay. This woman, we'll call her Ava, a 72-year-old woman, was really suffering with arthritis pretty intensely, joint stiffness, pain, swelling. She had a hard time opening things and managing overall. She was really tired. She was really, really tired. We talked a great deal about her history and her story, as we say. After talking and tapping on the pain and stiffness and whatnot, she revealed that her marriage had been arranged when she was really young by her parents.

She never even liked this guy, but there was so much pressure for her to marry him, to make her parents happy, to make his parents happy. It was expected of her, so she married him. She had a couple of kids. When she realized how unhappy she was, she decided to own her power, and she left him. Her family literally disowned her.

They literally said, "You have disgraced us." There was so much animosity between all the family members, because the families had been friends. She had really been carrying a lot of shame and guilt, resentment, abandonment, for so long. It really, really caused her body to break down. Once we tapped for all the emotions and the forgiveness and really just setting herself free once and for all, about that trauma and about all the symptoms, the symptoms really went away.

This is an elderly woman. This isn't someone who is young, not like 40 where her body would bounce right back. She was about 72 years old. But her body still just really bounced back. There was no—a year later after talking to her, after touching base, because sometimes I like to do that to see where my clients are at, she really still had so many signs of it. Nothing.

Jessica: That's amazing. How long was that process, for her to get to the place where she didn't have symptoms?

Julie: Oh, it was a few months. It was really—it runs the gamut, of course. Sometimes I see people one session, sometimes three sessions, and sometimes it could be five months. It really depends, and some people for maintenance. But in her case, it took a few months. She really had to get through some really old programming.

Jessica: But that's it. I mean, that's a few months for someone who is in their 70's who now a year later has no arthritis pain. That's incredible.

Julie: Incredible.

Jessica: It's important to show that sometimes it can take these months, but it's so important to be consistent with it. Julie, I keep saying that we're going to go into the tapping, and that I have no more questions, but they keep popping up. I can't help myself. This is so interesting. Another question, you were talking about the story, the way that we talk about our illness and what happened.

I'm sure that being diagnosed with something creates a story. Do people need to look at the actual moment they were diagnosed by the doctor and do tapping around that?

Julie: Absolutely. I think that's such a great point. It's such a great point, because I was talking to someone just the other day, someone who recently had a stroke. This is a client of mine. I'm trying to remember what she said. She said the doctor told her that whatever you don't get back in six months, you'll never get back. You've got six months, and that's it.

I'm not belittling what doctors say. Listen, doctors have some great information. I'm not belittling that at all. But the message from that was, "Well, now it has been eight months, and so I have no use of my left arm. So now I can't ever get that back again." There's a belief system. Our doctors tell us something—or maybe it's just the diagnosis of, "Oh, my God, this is what my doctor says I have."

Maybe there's a belief of, "Well, how can I get better?" I had one woman who had arthritis in the shoulder, and the doctor told her she'll never be able to raise her hand over her head. Well, and I've used this in recent interviews between you and me, I know. But lo and behold, doing some tapping just based on what the doctor said, "You'll never be able to raise your arm over your head," she did tapping just on that, and that alone allowed her to move her arm above her head.

Honest to God. I think it is important. I think it's important to address the hopeless feelings that you get as you're sitting there. I think it's important to

address, “What does this mean for me?” I think it’s important to address the fears. I think it’s important to address any anger that you have, the oh, my Gods, the what ifs, what I do now?

What advice do I take? What do I listen to? Do I listen to my doctor? Do I go a different route? I think that there’s a whole lot of different ways to tap on it, but I think that is a really good point.

Jessica: Right. Fantastic. Well, then, this now does bring us to the end, where I’d love to finish up with some tapping.

Julie: Awesome. What we want to say here is you can start to create your new story today. You are here. You are listening to this because you know there is something else out there for you, and you do have the power to change. You do have the power to change, and you don’t need to suffer anymore. We’re going to go ahead and we’re going to help you to start changing your story again.

This script is general, but you can change it up and be as specific as you want at some point. Take a big deep breath in. We’re going to tap on that karate chop point.

KC: Even though I wrote a story,  
And I’ve been living by it each and every day,  
I love, honor, and accept myself.

Even though I wrote a story,  
And I allowed others to be my coauthors,  
My parents and teachers, grandparents,  
I love, honor, and accept myself.

Even though I have allowed myself to live by a story,  
That is no longer serving me,  
My emotional health, my physical body,  
I love, honor, and accept myself.  
And I now realize that it’s time to forgive, move on, and write a new story.

EB: I have this story.

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SE: I have written it myself.  
UE: Along with many other coauthors.  
UN: Some have not been so kind.  
UM: And in this story.  
CB: I tell myself over and over again.  
UA: I am sick.  
TH: I'm in pain.

EB: I am tired.  
SE: I am fat.  
UE: I am weak.  
UN: I can't do this.  
UM: I'm afraid.  
CB: I'm abused.  
UA: And that's just the beginning.  
TH: I don't like this story anymore.

EB: I'm scared of how I think it will end.  
SE: I am so ready to change this story.  
UE: But I have no idea how.  
UN: Because I believe that I don't have the power to change.  
UM: I think that's something I've learned over the years.  
CB: And I have believed that I have to live by this story.  
UA: I have become what I have believed about myself for so long.  
TH: I wonder if I were able to change these old beliefs.

EB: About myself.  
SE: If I would start feeling better about myself.  
UE: About my life.  
UN: There are people out there.  
UM: Some well meaning and some not.  
CB: Some friends and some enemies.  
UA: But they're all teachers to me in some way.  
TH: They have all taught me something about myself.

EB: And I chose to believe them.  
SE: The good things and the bad.



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UE: The accolades and the judgments.  
UN: It is so time to rewrite this story.  
UM: To regain my health.  
CB: To regain my life.  
UA: To own my power.  
TH: And accept the person I really am.

EB: I will then be able to heal.  
SE: I will be free.  
UE: I am healing.  
UN: I am patient and strong.  
UM: I am not alone.  
CB: I am loved. I am deserving. I am awesome.  
UA: I am free.  
TH: No more breakdowns, only breakthroughs. And so it is.

Julie: Take a big deep breath in.

Jessica: Fantastic, Julie. It's a great reminder that sometimes in life we need those breakdowns in order to get our breakthrough.

Julie: Absolutely. As I said before, as Oprah says, what happens to you happens for you. It catapults you to the next level. It really does. It's a learning experience. Learn from all of it. Learn from all of it and accept it and forgive it and move on.

Jessica: Well, Julie, thank you so much for helping us move forward. It was such a fascinating conversation. I know that you've helped so many people, so thank you so, so much.

Julie: Thank you so much.