



Essential Alchemy

The Ancient Art of Healing Naturally

Season 1, Episode 18: Guided Tapping Session to Release Stress with Amy Stark, MEd

Jodi: Hi, I'm Jodi Cohen, and I am so excited to welcome Amy Stark today. Amy is an author, a speaker, a podcaster on the Ophelia Podcast, which is all about personal transformation. For over a decade, Amy's been teaching others how to master their life and energy with the most cutting-edge tools and techniques.

And I owe Amy a tremendous credit for helping me navigate to my new abilities after my son Max died because, I think, when we're in any kind of space of loss or confusion, it's really hard to see potential and to see possibilities. And so I'm super excited to have Amy here to help us understand how activating the parasympathetic state can open up possibilities. So, Amy, if you can start talking about the fastest way to shift into the parasympathetic state and what that allows in our systems?

Amy: Sure. So, for me, I've been looking for this tool for about 14 years. And so it's called EFT. And it's also called tapping. So it stands for Emotional Freedom Technique. And it really does shift you into the parasympathetic state so quickly.

And that's so key because when we're in the parasympathetic state, we are in rest and digest so our body is starting to heal, we are assimilating our nutrients, we have access to our intuition, our creativity, a boost to our immune system, like I said. So it is really the place that we want to be so that we can see our options and not feel like we're powerless so that we can really just take one step at a time.

When we're in fight-or-flight, like we don't really see our options, our body is really suffering, we are scared, we have a lack of mentality, like we feel like we're just stuck. And a lot of times we find ourselves in like a loop where we're just like, "Well, I can't do anything about that. I can't do anything about that. I can't do anything about it." But the parasympathetic, if we can interrupt the sympathetic nervous system, and bring on the parasympathetic, we can see our options, and then we can make decisions from there.

And it's amazing because a lot of people don't even realize that those options are available because they're in that sympathetic state. So it's until we really interrupt that signal on a whole-body level, they really start to see those options, like, it's pretty amazing, and we'll realize that a lot of the times that we're in that sympathetic state because of previous trauma.

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Amy: So like we can get triggered by things that have happened to us in the past that are similar because our brain links those things up because we have so much stimuli coming in that like our brain likes to find patterns and be like, "Oh, okay, so I know how to deal with that," but it's based on trauma or based on something that happened to us that we didn't want to have happen.

Jodi: Right, like if we're overreacting like something little happens and our reaction doesn't even match that, it's because it's something in us it's triggering.

Amy: Right, right, it's stuff that we haven't moved out. And a lot of times, like, when we're going through trauma, we forget that we really have to take time and process it, we try to push through, or forget about it, but our body remembers. And it keeps the score.

Jodi: Right, it's additive and cumulative. Like, when Max died, someone said to me, "You had problems before you had this problem." And so this problem, it's almost like a pyramid, it just builds on everything underneath, and so my response is so much bigger.

But where I think you are so amazing and such a gift is that most people, all they know is, "I feel uncomfortable. I feel angry. I feel sad." And they don't know what to do with that feeling so they want to avoid it. So they over exercise. They over work. They get on social media. They overeat. They maybe take drugs or alcohol. Because no one knows the only way out is through, but no one knows how to get through.

Amy: Right, right. And when we're in that sympathetic state, we really are checking out. Like, we're just so scared. Like, we just don't know what to do so we do pick up things that are not helpful to the body. And so it's important to do this tapping because one of the things that it does is it actually gets us into our body. And we're getting like, "checked in," and present. And that's where we can deal with this energy and that's where we can see the options because we're actually, in the moment, we're not checked out of the moment. And that's the key with tapping is that that's one of the best things that it does is it really centers us.

Jodi: Yeah. And, I think, one of the things when we feel powerless, it's, "Oh, you know, oh, my, gosh, I have no control. I feel powerless." But when you can calm down, all of a sudden, you see you have choices.

Amy: Mmm, hmm, and that is the most beautiful thing about EFT, in my opinion, it's just we get centered. We see the choices. And then we're like, "Oh, this is not so bad. I know what step to take next. I know what I need to do to feel better."

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Jodi: Yes.

Amy: Or they realize, "I know that I shouldn't be drinking too much or I shouldn't even be drinking right now. This is not helpful." So you make better choices, as well, which is great.

Jodi: Right. But, when you're trying to survive, it's almost like your focus narrows so you can only see that next step. And when your focus is narrowing, there could be a million things that are available to you, but you can't even access that.

Amy: Right. And that's actually, the narrowing that you're talking about, is really our reticular activating system seeing only what's in front of us, and focusing on that. But as we tap, we start to shift that reticular activating system. And because I have this ability to see energy and feel energy, and see the layers coming out, I actually get that ability to see that shift that happens. So we go from one state to the other.

And so in EFT, there's a scale that you do. So it's from zero to ten. Ten being the worse of what you're going through. And we'll do an exercise so you can really see how this is done. But as you get around like four or five, as you're coming down, that's where you're like really starting to shift to your reticular activating system, you're coming into this state where you're able to see your options a lot more clearly, and then it really decreases from there.

And once you're in that parasympathetic, it's like your whole body's now shifted over to that other state. And that's where the magic happens. That's where you can release as much as you want in terms of trauma. And then your truth comes in and fills into your whole body. That's, from an energetic perspective, that's what I see. But, also, it's part of the brain. The brain has shifted.

Jodi: Yeah, can you back up and just elaborate and explain a little bit more if people haven't heard of the reticular activating system, what that is and how we might experience that?

Amy: Right. So, like, I said, there's so much stimuli that's coming in all the time that our body or our brain pairs things. And it's not always a good pairing. Like, we get a lot of those pairings, actually from zero to seven, so we are in this other brain state, and we aren't really making the best choices, we're just doing the best we can from ages zero to seven to understand the world.

Jodi: Right, so we're looking for things. Like, if we think the world isn't safe, we're going to find evidence that the world isn't safe.

Amy: Exactly.

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Jodi: If we're looking for examples like, "I trust I can keep myself safe," we're going to find that, too.

Amy: Exactly. And so, unfortunately, that builds like a really strong neural network because you keep seeing things that are similar. And what I love about EFT is that it actually, it takes down the neural network where we feel like, let's say, we're unsafe, and that we only see things that are unsafe, or only make choices based on not being unsafe, instead of like, let's say, getting out of the situation, we think is all we can do is stay here.

So what we do is we have this reticular activating system that gets stronger, and stronger, and stronger with each time we see a matching experience. But what we want to do is we want to take down that neural network so it starts to recognize, or see other opportunities, or other situations, in which, "Oh, yeah, I was only unsafe that one time. And all these other times, thousands, and thousands, and thousands of times, I've been safe. So your body and brain shift to see that.

And that's what I love about EFT because it really just interrupts the signal and says, "Wait a second. Let's really look at what's going on here. Let's look at the truth and see have we really been unsafe for thousands, and thousands of times, or have we been safe thousands of times." And that's only when you are present and you're in that calm parasympathetic state that you really get to see, "Oh, that's the truth of the matter is that I really have been safe and that I've been making good choices."

A lot of times, one of the things, I see coming up a lot is how people like they're not good enough. And until they calm down, they're like, "Wait a second. I really have been trying my best for a really long time. I've been helping so many people. I have good intentions. I can't believe that I was focusing on that one time that I messed up or the one time that I said I couldn't do something." So it's really just that shifting.

And then, it creates this new network where you're like, "No, I am good enough. And I see it here, and I see it there, and I see it there. And that's what brings in the healing. It's like you can expand, and relax, and you don't feel like you have to keep doing so much when you're already exhausted, or you've already been doing so much.

Well, let's just talk about that for just one second. Our heart really is the conductor of our feel. And think about that. If you don't feel like you're good enough, it's really your heart that's taking the hit there because you are trying your best. And your brain and your body do know you're trying your best, but there's this program in there that's telling you that you're not.

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Jodi: Right, your own inner critic.

Amy: Yeah. And so this tapping takes down that neural network and it says, “Uh, uh, this is not how it is. Like, take a look around. Really see what’s happening. You’re really doing a great job in this world. Like, keep going, keep doing what you’re doing, but feel it, let it in because you are doing amazing things.” And so by tapping, we really break down those neural networks and then rebuild a new one where we can see these amazing experiences that we’re actually having, but we haven’t been able to let them in.

Jodi: Yeah. And I’m wondering for people who are new to tapping, if you can just quickly walk me through each of the points and explain the neural network, the meridian, what it’s actually doing to help break up the energy patterns?

Amy: Sure. So it really is a perfect system in that it’s releasing energy from the meridians like you said. So it’s an energy-based protocol based on the meridians and based on the idea that from Chinese medicine from 5,000 years ago, but now they’re actually realizing in modern medicine that this meridian system really does exist. And it’s called the primo vascular system. But it holds energy and information from experiences. And they can be held in these channels.

So by tapping on these channels, we’re actually releasing this energy out of our body or releasing this trauma.

Jodi: I just think of it like a jackhammer. It’s like breaking up the pavement and that really stuck—

Amy: Yeah, it’s giving it an opportunity to move out, really, because we’re like tapping on it and pushing it out. And that’s one of the reasons why I love it. So than it, also, as we do that, we wind up expanding our field, which really is amazing for our body, which is really the parasympathetic system. Then everything is circulating as it should be or close to how it should be. And it provides us really healing, relaxed feeling. And then it gets you centered.

You start to see your options. You’re like, “Oh, the best thing for me to do right now is this. Or my truth has always been this. And I just didn’t see it.” So that’s why I love EFT is it really just gets you centered, and you can really see the true reality that you’re in versus this one from fear, and only seeing things that are lined up with that.

Jodi: Well, I think it takes you out of that victim mentality, too, of like, “Oh, God, there’s nothing I can do.” And then, suddenly, you’re like, “But wait, I could call this person, they might know. Or I have this option.” It is the fastest way to help you feel better.

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Amy: It really is. Yeah, so I'll take you through how to do that.

Jodi: Okay.

Amy: So what we want to do when we're doing tapping is tap on the points, which I'll show you. But we also want to say a statement that is in alignment with what we're experiencing. So I'll say for right now discomfort, "Even though I have this discomfort right now, I just really love and accept myself." And you can insert, instead of discomfort, anxiety, depression, feeling a lack of being good enough. Whatever it is that serves the person who's listening, they can insert this in there and then continue to tap through the points. And as we tap, we're going to see that number going from ten down to zero.

Jodi: So for the listeners at home, if you want to identify if you're feeling anxious, angry, whatever emotion that might be, if you can just find a number of how, one to ten, are you like riled up, ten or where are you at, and let's maybe have them do it with us. And then at the end, they can revisit their number and see if it's shifted.

Amy: Yeah. And I want to just let your listeners know this important fact. And that is when we do an hour of tapping, 72 genes turn on for healing. So that's so helpful for the body. And then, also, cortisol levels can lower by 24%.

Jodi: Right.

Amy: Yeah. So cortisol's our stress hormone. And when our body's in stress, we're obviously not healing, we're not able to see things the way that we want to be seeing them. So I will take you through the tapping session.

Jodi: Right. And just so people know, I only did it for five minutes because an hour felt like too much. And that had a huge benefit, too.

Amy: Sure. The research says an hour, but I truly believe that you can do it for five, ten minutes, even if you can do it for two minutes. I know people who do it at a stoplight just to calm down.

Jodi: [crosstalk] could be five minutes for him.

Amy: And that's a good point. As long as you're doing it, it's great. And you don't have to do it perfectly. And you don't have to do it for an hour. Just do it whenever you can, however you can. And the best part of it is you can take it anywhere you want.

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Amy: So like you can do it, if you're a kid, at the lunchroom underneath the table, or go to the bathroom in between classes, or before you're going to take a test. This is something you can take with you, which is why I love it.

Jodi: And it's free.

Amy: Yeah, it's free. You can take it anywhere. And it's easy to learn. And once you learn it once, then you pretty much know it.

Jodi: Yes.

Amy: So I like to start off with a deep breath, in and out because breath really tells the body that you're safe and that you're okay. So that's important.

Jodi: And that's huge for the parasympathetic state, too, because the vagus nerve innervates lungs.

Amy: Yeah. So take another deep breath, in and out. And so we're going to start with the first point, which is right here on the hand. And this would be helping to release anything around grief or heartbreak, that kind of stuff. This is a big point for a lot of people, and especially right now on the planet, we need this.

So let's take a deep breath, in and out. We're going to say, "Even though I have this discomfort...

Jodi: Even though I have this discomfort...

Amy: at a level 10... **Jodi:** at a level 10... **Amy:** I deeply love and accept myself.

Jodi: I deeply love and accept myself.

And sometimes I shake a little bit like when I'm releasing things. Do you want to talk about that?

Amy: Yeah, sure. So when we are releasing energy, it can look a lot of different ways. So like Jodi and I, both, shake when we release energy. You also might yawn. You might not feel anything. And that's okay, too. One of the things that I would like everybody to try to do is to see where they're feeling the energy in their body because it gives them some good information about how they hold their stress. So a lot of times, people will feel like the neck and shoulders are really tight. But then, as they tap, they start to release. So it's just something to think about.

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Amy: We talk about carrying the weight of the world around. But really, the stress is really on our shoulders. So let's take a deep breath, in and out. We'll go to the next spot. And you just want to keep talking and tapping about whatever it is that you are feeling. So that's the most important thing. So I'm going to say discomfort, but I want you to insert how you're feeling.

"So even though I have this discomfort...

Jodi: Even though I have this discomfort...

Amy: I deeply love and accept myself...

Jodi: I deeply love and accept myself...

Amy: Even though I have this discomfort...

Jodi: Even though I have this discomfort...

Amy: this pain...

Jodi: this pain...

Amy: I deeply love and accept myself.

Jodi: I deeply love and accept myself.

And then, the top of the head, what is that with respect to?

Amy: Yeah, so right here. [Points to area of head where tapping].

Jodi: Okay.

Amy: And usually a lot of emotions can get trapped up here. And I find that this can be sore. Sometimes when we get headaches, this spot can be really sore.

Jodi: Yeah, it sometimes feels tender.

Amy: Yeah, yeah, yeah, yeah. So the next spot we're going to is the inner eyebrow. So the inner eyebrow is around anger or frustration so this could also be sore. Sometimes, it can be because you're like, "Ooh."

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Jodi: Well, and in this uncertain time, I think, a lot of people feel frustrated.

Amy: Yeah, yes. So we're going to say, "Even though I have this discomfort...And you could pick your level. You could say 10 or 9. If it's starting to come down, you could describe how you're feeling. It just depends on how you want to do it. So take a deep breath, in and out. Just by tapping on these meridians, we are releasing the energy, we're telling our brain to take down that reticular activating system because it's really creating a calming affect on the body. And the body's like, "Wait a second. We were just panicking before. Now, we're feeling calm. We're feeling touched. We're feeling rhythm."

So it takes down that neural network because it says, "This is a dangerous program to have. Like, there's two different things here. I don't understand." So it will build that new network with this calming feeling.

Jodi: And the outside of the eyes, is that specific, too?

Amy: Yeah, right outside of the eye, that's, again, about frustration and anger. So take another deep breath, in and out. And you might even want to say, "Even though I'm feeling this fear, and frustration, and anger, I deeply love and accept myself." Look at how your situation is maybe making you angry or frustrated.

And then we'll go to the next spot, which is under the eye. And this is where we contain energy around control.

Jodi: Oh.

Amy: Yeah. So this one can be sore. And sometimes when you're having digestive problems, this would also be a good spot to tap on. So it's just a little higher up. Closer to the eye. Yeah. There's actually a little divot right there in our bone. If you want to [crosstalk 18:38].

Jodi: Did you have me demo it wrong so you could correct me?

Amy: Yeah. It's energy so you don't really have to get that close, but--

Jodi: It doesn't need to be perfect?

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Amy: No, it does not need to be perfect. And that's why I love this. So let's take another deep breath, in and out. Okay. And then we're going to go under the nose. This spot is really one of my favorites [Points to area under nose] because it really links the brain and body because sometimes when we're experiencing something, we can say, "I understand this is happening and I understand my limitations." Like, for instance, right now, we can't go outside of the house or whatever. But our body is like, "But I want to go out."

Jodi: Yes!

Amy: And so we want to get the brain and the body on board and say, "Okay, this is how we feel." So we calm the body down by talking and tapping. And this really helps to link the mind and the body. So "Even though..."

Jodi: Even though...

Amy: I'm having all these feelings of discomfort...

Jodi: I'm having all these feelings of discomfort...Or you can even just say all these feelings.

Amy: Yeah, I do, I do that a lot. Yeah. And if you don't know what's wrong, you can also say, "Even though I don't know why I feel this way or why I feel off. I deeply love and accept myself." And what will happen, very likely, is that you'll get in a calm and state. And then you'll be like, "You know what it is, I'm [crosstalk 19:53]. You know, I'm really mad about this thing."

Jodi: Yeah, everyone should do this before they talk to their husband or their spouse when they're angry.

Amy: Just totally. Yeah, yeah, it gets you really clear because you're really shifting your brain from back here to up here. [Touching back of brain to front of brain]. So from the [crosstalk] to the forebrain where you can really make complexed decisions, and organize thought, and things like that, that's where you want to have an argument, or that's where you want to have like a discussion.

Jodi: Right, right. And you're talking about the amygdala hijack. So the amygdala is the part of the brain that keeps you safe and alerts you to danger. And then the frontal cortex, behind the forehead, is the rational part. So you're walking in the woods. You think you see a snake. You start to panic. And then your frontal lobe checks that and says, "No, it's a stick. You can calm down." So it's like that rational friend that always is the cool cucumber. Like, "Nope, you got this."

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Amy: So when we're in the woods and we see something that we're afraid of like a snake, for instance, I used to be really afraid of snakes, it would hijack my amygdala. And so it sends this signal throughout the body. And it happens in a second. And that only is possible because of energy because our cells are communicating through energy. And so that's a way that you can realize how we are made of energy, but you can't really see it, but you can really experience it. So for anybody who doesn't believe that our bodies are energetic, that's an example.

So anyway, let's continue. Take a deep breath, in and out. So the next spot that I'm going to go to. Yes, nice release.

Jodi: Yeah, I know, me shaking with the energy.

Amy: Yeah. Animals in the wild also shake, too. So it's totally natural for us to do that to try to release here our anxieties.

Jodi: That's exactly. They go into the parasympathetic or sympathetic fight-orflight. They run as fast as they can. And then they collapse and shake. And that's how they discharge the energy.

Amy: Yeah. So we learn not to do that because it looks weird. But when we're doing this on our own, it's in the shower, a lot of women, I know, tap in the shower. Or when they're alone in a room, they feel like they can let go and just get it out.

Jodi: Yeah, yeah. And if we don't release it, like if we don't release anger, it can present as depression or sadness. The more we try to push it down, the more it comes back in unexpected ways.

Amy: Right. Yeah, so tapping is a really good thing to do pretty regularly because it will just help to keep moving that energy out so there isn't a domino effect when you get triggered. And it's like, you have this huge reaction of anger, instead of like what really might be necessary for the situation.

So this point is just under the lip right here. [Points fingers under lip]. And we can just say, "Even though I'm having this discomfort, I deeply love and accept myself."

Jodi: Even though I'm having this discomfort, I deeply love and accept myself.

Amy: Yeah.

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Jodi: It's the straw that broke the camel's back. It's like the one like all of a sudden, we have this situation where you can't control. And we had all these other things building up. So this is what really upsets us.

Amy: Yeah, it opens the flood gates. And then we're like, "Whoa!"

Jodi: Yeah, exactly, exactly.

Amy: But this is really good. This is like popping the top of like a soda can that's been shaken. By tapping, we're releasing some of that energy or that buildup.

Jodi: Right, right. And what does this point correlate to? [Pointing to area under lips].

Amy: This also is helping to link the mind and the body. I just find that this one is much more helpful than this one. [Points to area under nose, then to area under lips]. But still, it's very good to tap here. [Points to area under lips]. This is more about like what you haven't been saying and helping to release that. So you might [inaudible 23:14] keeping your mouth closed about something. And you might find that the energy is here. [Points to area under lips]. And you might even feel like a release in your jaw, around your teeth, or around your mouth or tongue when you tap here. [Points to area under lips].

So I actually was feeling...Remember check in where you're holding the stress because I was just feeling it release from the neck and the shoulders. So it's important to, I think, it's important to keep notes on that or keep track of that.

Jodi: Yeah, well it just helps you validate that this is working.

Amy: Yeah, absolutely. And speaking of which, let's check in and see has the number gone down from ten down to zero. Like, where is it? Is it at a seven or is it at a five? So let's take a deep breath in and out. And then we're going to go to the K27. So these points are right here underneath the collarbone. So there's two of them. So you can either make a C with your hand to make it easy for you or you can do it with two hands like that. [Tapping on collarbone area with one hand on left side and one hand on right side].

Jodi: Yeah. This is one of my favorites. I sometimes do this when I feel anxious, in the car, actually.

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Amy: This can be sore, too, because of lymph goes through here. And so you're getting drainage from a lot of different areas right here. So it's great. It also is related to fear. So kidney meridian holds energy of fear. So it's just something to know. It doesn't have to get complicated. Just talk about your feelings.

Jodi: Right.

Amy: So take another deep breath, in and out. And I'm going to show you a point that I truly love to incorporate, but it is not part of standard EFT, which is right here over the thymus [Points to thymus area on chest].

Jodi: Yes, which is really good for boosting immunity.

Amy: Yes. So we don't have that pump like for our lymph system. So this really helps that, I believe. And it also helps to release anything around grief or heart break. It just seems to say, "I hear you. Like, I feel you." That's really what's here, that energy.

Jodi: And do you recommend using your fingers? Or sometimes, I make a fist and do it that way.

Amy: Yeah. Actually, a lot of humans, throughout time, have been doing the thumping like that. So it's up to you. Whatever's comfortable. And, again, this is energy so we don't have to hit hard. Sometimes, I like to actually really interrupt the signal by hitting it harder, but you don't have to.

Jodi: Well, there's a hypothesis, too, behind thymus thumping. So the thymus supports your immune system with white blood cells. And it's believed that it stops working after puberty, but it's because we're not stimulating it. So just actively stimulating it, can help activate the thymus and just boost your immune system.

Amy: That's wonderful.

Jodi: Yeah.

Amy: So let's take another deep breath, in and out. Now, this next one, you can either give yourself a hug and tap. So it's right where the bra line would be if you're a female. And if you're a male, you can just say like it's about onehand's width down to the spot. But again, we don't have to be perfect. And this is spleen and liver meridians. So this would be anger and worry.

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Amy: So a lot of people worry, right? So this is a great thing to tap on because you can say, "Even though I'm worried, and I shouldn't be. Or I'm wasting my time by worrying. Or I feel like I'm doing something if I am worried." Really, what you're doing when you worry is you take yourself out of the game, and you're not able to focus because you're worried, you're only seeing the bad stuff, not seeing the good stuff, or what you could be doing.

Jodi: Right. And I wanted to land on that by acknowledging validating, even though I haven't used feelings, but then I still love and accept myself, what you're really doing is you're helping to turn your reticular activating system away from the negative towards the positive.

Amy: Right. Really, what we want to do is have a very sophisticated reticular activating system that will always find the things that we want. So by each time we tap, and we tap on different things, we're telling our brain, "Find these things that are alike, which are good for me. Find these things that are more in support of what I'm trying to do versus the things that might be bad, or it might take us out, or think that we're not good enough." We want to shift that--

Jodi: We're inviting more helpful support into our lives.

Amy: Absolutely, yeah. So that's what we're doing, we're just training our brain to find what we want it to find--

Jodi: Right.

Amy: so we could--

Jodi: This...Go ahead.

Amy: Go ahead. We were just going to finish up. So we're going to take a deep breath, in and out. And I like to send the energy down into the earth because energy can't be destroyed so we want to recycle it into something more useful. And you're going to want to keep doing that tapping until you really feel your number come down to a two or less. So that's tapping.

Jodi: What I love, you have a meditation that I know they can find for free on your site, I'm going to have you share how to get that, about the rose petals. Do you want to just give the headline news and they can go get more information?

Season 1, Episode 18: Guided Tapping Session to Release Stress with Amy Stark, MEd

Amy: Sure. Yeah, if you sign up on the email list, you get an audio recording of how to clear your energy, which I absolutely recommend for anybody because it is so helpful because a lot of times, we walk around with other people's energy in our space. And we don't even realize it. And we feel their energy in our space. And we feel like we have to do the thing for them in order to get them out of our space. And then we feel more comfortable.

Or what we can do is energetically remove them from our space. Get calm. And then we can decide, "Do I have time to help them? Do I have the resources to help them?" Instead of feeling like, "Ah, I have to do that." That panic mode.

Jodi: And it's great for boundaries.

Amy: Yeah, so the more that we do that, the more that we clear our energy, the stronger our field becomes. And I clear my energy all the time. I know that many, many people have found this technique really, really helpful for gaining clarity. So it just centers us, it makes us feel more full in terms of our energy, and just more clarity, really.

Jodi: Right, right. It's like brushing your teeth, it's just boundaries. Can you tell them where your website is so that they might find that?

Amy: Sure, it's StarkTransformation.com. And I also have the Ophelia Podcast so you can hear more about tapping and other things that are going to support your health.

Jodi: Amy, this was so amazing. Thank you so much for sharing all of these really powerful really easy tools that people can do immediately to turn on their parasympathetic state.

Amy: Thank you for having me. This was fun.