

## **SMFA Summit Interview with Dana Middleton, premiering 25 May 2021, 12pm PDT**

### **Bonnie Gillespie**

Everyone, I am so pleased to bring back this year one of my very best friends in real life. This is Dana Middleton. Hi, Dana.

### **Dana Middleton**

Hi Bonnie, I'm so happy to be here again. Thank you for having me.

### **Bonnie Gillespie**

I love spending time with you always, but especially when I get to share you with so many people because you have so many gifts. You're so tuned in and tapped in and turned on to so much flow and abundance and our best selves. And you helped me get there with myself and so I just... I want to talk about your gifts with tapping, EFT, like jump right in and tell people first of all what that is, and then we'll do some meandering around, based off, you know, today's BonBlast and the conversation we were having before we got in on, on the recording... so.

### **Dana Middleton**

Oh, good yeah. Okay so EFT is also called tapping. It all stands for Emotional Freedom Technique, and just the short version is that we tap on meridian points on our body to release blocked energy. To release stuck energy. And the way we do that is to acknowledge it. Not to just, you know, push it aside or bury it, as we do, is to say it, "I feel uncomfortable. This is horrible. You know, this sucks. I hate you."

### **Bonnie Gillespie**

"I'm scared."

### **Dana Middleton**

"I scared, right, I'm afraid. Exactly. This doesn't feel safe," whatever it is, I'm not saying, when I say I hate you. I'm saying that in fun a little bit but not to say it to the person but to acknowledge the feeling that's coming up, so that we can, so that we can by acknowledging and tapping we're really breaking it up so that we don't have that energetic closet full of unprocessed emotions that wreak havoc in our lives.

### **Bonnie Gillespie**

Because that energy has to go somewhere

### **Dana Middleton**

Has to go somewhere. And you know it just will pop up in the most, you know, unseemly moments and create, you know stuff we don't like. And it's not fun. Now the interesting thing is not only can we use tapping to release blocked energies, you know, to release limiting negative

beliefs. To really process traumas. To do so many things, I mean, so many ways tapping can help us. But also, we can tap in the positive. We can tap out the negative, tap in the positive, and that's where affirmation tapping and my Tapping Bootcamp comes in, where I really help people learn how to do that. How to how to how to really focus because, you know, if we're not....

I love when you talk about Creating the Hollywood We Want. That's so exciting to me because I'm a writer. I live in Hollywood; I came to Hollywood to be in films. Well, I ended up being a writer for kids and I coach creative people, and you know, Hollywood, you know, maybe I'll wind my way back there, who knows. But this idea of creating the Hollywood, the creative community, that we want is one where we feel empowered. Where we feel empowered, where we feel in our skin. Where we feel like we are not at the mercy of external forces but we are in the driver's seat. And that is why I work with creative people, because that feeling is the best feeling in the world, and it's... and tapping can help us get there.

### **Bonnie Gillespie**

Have you found anything that tapping can't fix, or lower the pressure on, or increase the joy on? Because I know you, you work with people all over the world, and you've seen probably every conceivable situation. Tapping... because everything I've ever tried it on, it can shift the energy.

### **Dana Middleton**

It can and you know I think I do it every day for everything. As you well know, I tap all the time. And you know I just had somebody come into a Tapping Bootcamp saying, you know "I started tapping back in the '90s and it didn't work for me." And she was very like, "I'm not sure about this tapping thing," and literally we're in week five this past week and she said, "Do I have to do this now every day for the rest of my life?" And I laughed. I'm like, "No, you don't, you know, we're gonna get through this affirmation because that's what we do in bootcamp," but I laughed. I said, "This is a very different... the person who five weeks ago would not have made that comment, you know, 'Do I have to do this every day for the rest of my life', when you were thinking when you came in 'this doesn't even work'." So, I think sometimes you've just kind of got to get in... once you get in a way that that speaks to you that works for you. I just can't imagine it's a tool that you, you won't have in your toolbox forever.

### **Bonnie Gillespie**

For sure, and I realized as I got more invested in the work with you and more aware of all the different shapes that tapping could take—which we're going to talk about in a second—I noticed that during my speaking events like I'd be on a stage, someone would ask a question it would feel kind of confrontational, not that I couldn't handle the question but that their energy was just kind of like daring me to know what I was talking about. And I would catch myself doing this as I heard them bring in the question. And I went, "Oh my god, I'm tapping. I'm actually telling my nervous system, 'You're safe; all is well'." And not even realizing I was doing it. It is such a self-soothing technique and I think we can all use a lot of that.

**Dana Middleton**

We really can. We can use... and that's why I like this point that not everybody uses in the middle of my chest because I can just be in traffic. When was I in traffic last? But in traffic just going, you know, "Calm, calm down," just...

**Bonnie Gillespie**

That's my favorite.

**Dana Middleton**

And I use it specifically with creative people, you know, around their creative careers and all that kind of stuff. However, we know that tapping works to help alleviate pain. You know, to help us, just to feel better. To release anxiety. So many different ways in which it can help.

**Bonnie Gillespie**

Now something that's shifted in your work in, in the year since we last sat together like this for the SMFA Summit is the introduction of or more consistent use of affirmation tapping. Can you talk... I know that's a big part of what your bootcamp is about, but can you share a little bit about what that is and how it works?

**Dana Middleton**

I can Bonnie. This was really forming about this time last year when we were talking last year, for me. And I think it was during the pandemic when I thought, you know, tapping has really changed my life. There's no doubt about it. I mean, I am in a different place than I... you know, my, my writing career took off after I really began tapping. The the things that were holding me back opened, but as I you know I always want to say, "How can we fine-tune this? How can we sharpen it?" And I started tapping affirmations. And what would happen when I did that is I tap around, and I'll show everybody if you want in just a minute, around about having... a round of affirmations, and then just naturally tapping is a lie detector. So, what would come up is what was in opposition to that. So, one of the ones I've been doing lately is: "Everything works out great for me." So, I would do the tapping, "Everything works out great for me." In fact, Bonnie, let's do it together. "Everything works out great for me." And everybody can tap with us and just follow points. And you say everything works out great for me.

**Bonnie Gillespie**

Everything works out great for me.

**Dana Middleton**

Everything works out great for me.

**Bonnie Gillespie**

Everything works out great for me.

**Dana Middleton**

Take a breath. Everything works out great for me.

**Bonnie Gillespie**

Everything works out great for me.

**Dana Middleton**

Everything works out great for me.

**Bonnie Gillespie**

Everything works out great for me.

**Dana Middleton**

Great, feel how that starts to land. Everything feels great to me.

**Bonnie Gillespie**

Everything feels great to me.

**Dana Middleton**

Everything's working out great for me.

**Bonnie Gillespie**

Everything's working out great for me.

**Dana Middleton**

And we finish the round up at the top of the head which is everything works out great for me.

**Bonnie Gillespie**

Everything works out great for me.

**Dana Middleton**

And then when you're doing an affirmation like this, and this is a general affirmation you can do a much more specific one too, but then something's gonna start to come up. Like, let's just try this... I'll... just so everybody can see this.

**Bonnie Gillespie**

"What about that time when..."

**Dana Middleton**

"Yeah, but..." it's exactly it. "Yeah, but..." it's the "yeah, but..." comes up. "Yeah, but... you know, look at my bank account."

**Bonnie Gillespie**

Yeah, but... look at my bank account.

**Dana Middleton**

Right, or yeah, but... I didn't get that callback.

**Bonnie Gillespie**

Yeah, but... what about that role? That callback.

**Dana Middleton**

Yeah. Yeah, but... I mean, all the things, right? Yeah, but... I don't feel so great today.

**Bonnie Gillespie**

Yeah, but... I don't feel well today.

**Dana Middleton**

I really don't see... that just feels like a lie.

**Bonnie Gillespie**

It feels like a lie.

**Dana Middleton**

Yeah, I don't feel like everything's working out great for me.

**Bonnie Gillespie**

I don't feel like everything's working out great for me.

**Dana Middleton**

And that really makes me feel even worse.

**Bonnie Gillespie**

And that makes me feel even worse.

**Dana Middleton**

So, you take a breath as you're doing this. Yeah, I just, that thing just happened and it feels like crap.

**Bonnie Gillespie**

Yeah, that bad thing happened and it feels like crap.

**Dana Middleton**

So, I just can't buy into "everything's working out great for me" right now.

**Bonnie Gillespie**

Yeah, I can't buy into "everything's working out great for me" right now.

**Dana Middleton**

Yeah, it just doesn't feel right.

**Bonnie Gillespie**

Doesn't feel true.

**Dana Middleton**

It doesn't feel true. Okay, so that would be what I call a rebuttal round which you do, you can do many of them. Many of them because when we're tapping the affirmation, what comes up is like the, maybe the volcano of, "Are you kidding me?" We have to acknowledge that.

**Bonnie Gillespie**

Right, right, because we don't want to. We don't want to hustle culture that away. We don't want to pour vodka on it like I did for so long. We don't want to not feel our feelings because you know, "Butch up" or whatever you know whatever our nonsense is that we've, you know....

**Dana Middleton**

And there's plenty of, plenty of nonsense.

**Bonnie Gillespie**

Whatever it is, yeah, fill in the blank for whatever it is that tells you... it's not safe to feel those emotions, all the way down to just, I want to have a positive outlook so I don't want to give, give a stage to the negative feelings. And it's like, even if you don't let them take the stage, they're still there backstage, they're in those wings.

**Dana Middleton**

They are in there and they are like pulling the strings, man. You don't even see... you don't, you may, they may seem invisible. You know and so then let me just show you the one of the, one of the other parts of this is then you get to do what I call... you know the affirmation, the rebuttal, this is just kind of a shortened version of course. And, but not that much of a shortened version, and then I call the reframe.

**Bonnie Gillespie**

Okay, so we've got the affirmation, the rebuttal, which is the "yeah, but...", then a reframe, and we're going to do the reframe now.

**Dana Middleton**

The reframe is the "but, what if...? But, what if..." right? This is where we start to open space for change. So, we just go: "But, what if... things could change?"

**Bonnie Gillespie**

But what if things could change.

**Dana Middleton**

What if things could work out for me?

**Bonnie Gillespie**

What if things could work out for me.

**Dana Middleton**

What would that even feel like?

**Bonnie Gillespie**

What would that even feel like?

**Dana Middleton**

Could I be open to that?

**Bonnie Gillespie**

Could I be open to that?

**Dana Middleton**

Just creating a little space for change.

**Bonnie Gillespie**

Just creating a little space for change.

**Dana Middleton**

What if I deserve for everything to work out for me?

**Bonnie Gillespie**

What if I deserve for everything to work out for me?

**Dana Middleton**

What if this shift is not that hard?

**Bonnie Gillespie"**

What if this shift is not that hard?

**Dana Middleton**

What if I can just let go of all the old thoughts that tell me it's impossible.

**Bonnie Gillespie**

What if I can just let go of all the old thoughts that tell me it's not possible.

**Dana Middleton**

And open to something new.

**Bonnie Gillespie**

And open to something new.

**Dana Middleton**

Now how did that make you feel?

**Bonnie Gillespie**

Open.

**Dana Middleton**

More open right?

**Bonnie Gillespie**

Yeah, definitely. The "What If" of it is not like I'm trying to talk you out of your rebuttal, but I'm just making it less rigid. Making it not the only option. This is sort of black/white thinking, you know, which is.... Okay when we were talking about earlier, the BonBlast that as we're recording this, I just sent out, about how we've got this patriarchal programming around certain ways of thinking and what's safe and what it means to look weak and just a whole bunch of a whole bunch of stuff. A whole bunch of stuff that's a part of, for a lot of us, how we cope and move through our day and decide what's allowed and everything.

And one of the, the, one of the main side effects of trauma thinking is black and white. And so there is the I do the affirmation, and then there's the rebuttal and then we stop. And when we heal when we even begin to heal any kind of trauma, any kind of trauma—big T, little T trauma—we begin to open that range of possibilities to be not just black and white. We actually open up the field of possibilities. To include shades of grey which eventually gets to infinite



possibilities which is where we invite in the magic. It's where we realize it's not hustle culture. It's not, "If I work hard, if I want it more," or all the lies that we have bought into generationally.

**Dana Middleton**

Yes, exactly. And then you can end your affirmation tapping with, with something like, let's just finish up together: "I am, I am actually willing for things to work out for me."

**Bonnie Gillespie**

I am willing for things to work out for me.

**Dana Middleton**

I don't know how that's gonna happen yet.

**Bonnie Gillespie**

I don't know how it's gonna happen yet.

**Dana Middleton**

Right, I don't feel like it's quite possible yet.

**Bonnie Gillespie**

Sometimes I don't even feel like it's quite possible yet.

**Dana Middleton**

But I am willing for everything to work out for me.

**Bonnie Gillespie**

But I'm willing to be open to everything working out for me.

**Dana Middleton**

That we're coaxing ourselves right at the end.

**Bonnie Gillespie**

Baby steps. Yes.

**Dana Middleton**

Maybe it won't work out great yet, but how about working out good.

**Bonnie Gillespie**

Maybe it won't work out great, yet, but how about good.

**Dana Middleton**

What if I just show up and do this every day.

**Bonnie Gillespie**

What if I just show up and do this every day.

**Dana Middleton**

I wonder what could happen.

**Bonnie Gillespie**

I wonder what shifts could happen.

**Dana Middleton**

What would it feel like if everything worked out for me?

**Bonnie Gillespie**

What would it feel like if everything worked out for me?

**Dana Middleton**

I'm willing to find out.

**Bonnie Gillespie**

I'm willing to find out.

**Dana Middleton**

So, you see how we started something like we moved into an affirmation that might not feel so real yet. Got into the ugly of it, but then that that opened up some space for like...

**Bonnie Gillespie**

Totally.

**Dana Middleton**

I'll tell you you do this over six weeks because that's what my bootcamp is do, or however you want, however long you want to do it, I don't care. Do it. And it will really work on your life. Because new layers of the onion come up that you don't expect over time. You think, "One affirmation for six weeks? Are you kidding me? Holy smokes, it is..." almost said a bad word. It is it really... yeah, I know. I'm teasing. It really is amazing and that's what I have learned from tapping this year. This has been my real gift around tapping this year is... Bonnie, I said this to you recently, I did not know until I started doing this affirmation tapping, like this, how powerful tapping really was.

**Bonnie Gillespie**

And you've been doing it for years.

**Dana Middleton**

Years! And I did not know how powerful it really was, because it will also kick your ass when you do this over time.

**Bonnie Gillespie**

Well, I felt... just in doing this demo with you I felt on that last round. "What if everything worked out great?" I felt a rebuttal kick in and I went, "a new rebuttal?" Like—and this is stuff we've worked on—so I'm like, "Okay, noted." So, I will be doing another couple of rounds of this, after we finish our talk because I didn't even know that was in there.

**Dana Middleton**

That's it, that's, that's why, over time, it's so important, because you don't know, because these things are sneaky. They don't want to just appear, you know, they... it takes, it may take some time for the deep, dark ones to go to be willing to you know deep to be kind of unrooted and to come up. And you go, "Oh my god, that's in there. Are you kidding me?" And then once you see it, guess what... you have so much power, because you can tap, you can do whatever. Just seeing something is, you know, a big part of the healing.

**Bonnie Gillespie**

It's the monster under the bed. It's it's it's really scary when the lights are out, and then you turn on the light to get up, get the flashlight, get up, look under the bed, you're like, "It's a dust bunny; I'm safe," but when it's a monster under the bed in the dark, it's a little terrifying.

**Dana Middleton**

Exactly that... you don't even know it's there. So that's the thing.

**Bonnie Gillespie**

Yeah, and that's that's the part that's fascinating for me is how it will bring up a message that you're like, "Where did that come from? I didn't even know that that was a belief I was carrying." But clearly when we are able to do a round or even two rounds three rounds however long it takes, there there are feelings that will come up. And it just is so illuminating. Like you said, it's a little bit of a lie detector.

**Dana Middleton**

Yeah, it really is and and it's, it's a big lie detector actually. I mean really, you cannot tap and tell yourself a lie. Feel it in your body. And listen if anybody's having trouble with with, like, "What is tapping? I'm confused," you know, you can go to the aligned artist website. I've got a tapping tab there you can check it out. I've got a giveaway about tapping the audition EFT area of giving away that I'm very excited about, actually. So, tapping is something you can learn over time. Everybody, including me when I first learned it, and I continue to learn, it's an ongoing process, but it was very uncomfortable.

And that's why I do my guided tapping on Momentum Mondays at the Facebook group and all these different things because I just want you to get comfortable. Because... but when you start doing the affirmation tapping, what I think it does for people, and I've had long standing clients who said, doing the affirmation tapping, because you have to do it on your own, I give you, I give you a structure, but you have to do it, has made them better tappers, because you have, you know, it's because you learn to do it and you start to gain some confidence around it.

**Bonnie Gillespie**

So, let's talk about the role of consistency in all of this because I know you're talking, especially with bootcamp like six solid weeks of daily tapping, and even if someone is not at the level where they're ready, level of readiness, where they're ready to commit to six weeks. What is the role of consistency in this work and in anything, honestly? You know because you're, you're a creative artist. You're a writer, you like, you've got to put your butt in the seat and do the work. Like consistency as a superpower. Can you talk a little bit about that?

**Dana Middleton**

It is everything and what I call it, is be a farmer. Be a farmer, that's consistency. A farmer gets up plows the field every day. Some days it might be exciting. Some days, it's just gonna be, "Are you kidding me? I gotta go do that today? It's cold it's rainy and I," you know, that. And that's what I think writing taught me is that it's not about waiting for inspiration. You know, it's about showing up to create a holder, an invitation for the inspiration.

**Bonnie Gillespie**

Yes.

**Dana Middleton**

So, whether that is your creative work, show up. "I don't want to do this today" show up, right, or if it's tapping. I did my tapping before we talked today. I do my tapping every morning. Some days it is just like I'm kicking and screaming. "I don't want to this. Why am I here?" And then always I feel better afterwards.

**Bonnie Gillespie**

Always, always.

**Dana Middleton**

Always, and I know what but I do it because I know that, that, that, I mean 5 minutes, 5 to 10 minutes is what I do in the morning, you know. Sometimes it's 5 minutes, it's, and I know that that simple, every-day-ness of it, over time, adds up to something powerful and important, and moves the needle on my life. I know that empirically. I do not doubt that. I trust it completely. And because I trust it so completely, because I've had evidence internally first and externally, but if the internal evidence is the important evidence that I know I just know that it's, it's like why would I not do that.

**Bonnie Gillespie**

Can I even be in the rebuttal part of a tap going, "I don't think this works."

**Dana Middleton**

Yes, and that's another that...

**Bonnie Gillespie**

"I think this is hooley. I think this is..." that, like...

**Dana Middleton**

"This is bullshit."

**Bonnie Gillespie**

Right, if I'm watching this going, "Seriously, ladies? What the hell are you talking like," could I use that in...?

**Dana Middleton**

Absolutely. And one thing I just said in bootcamp... it's so funny you said that. I'm sorry, my eyes are watered, is that I said, in, in the end you say and you know what, you can say, "I'm willing for everything to work out for me" and "I'm really willing for tapping to be such an effective tool. I'm really willing for tapping to really work for me." Because I think if we approach anything with so much skepticism that we're not allowing, we're just like, "No, that doesn't work." I think tapping will actually work anyway, but I think it will take more time. I think it will take more time because it has to get through that defense, and when we come to something with an open heart, you know, it helps. It totally helps. You know that, of course you know that. You know that more than anybody.

**Bonnie Gillespie**

Tell me how it can help with the bigger, like global issues. The things that we're facing as a society that you know, again, the theme here is creating, you know, #CreatingTheHollywoodWeWant, when we look at even just creating the world we want that we, there are so many things that are outside our control. One of the things I like to talk about is how we may not be able to shift a lot of outer things, but we can shift how we feel about what's happening in the moment. And just getting a little bit of ease around some of the things that are stressful. That are hard to take in is enough to allow us to then show up and continue to do our work and continue to create and build a better world. Can you speak a little bit about that?

**Dana Middleton**

Yeah. 'Cause I think a lot of us like to stay in that bucket of crabs with everybody else, you know, like, "Let's commiserate. Let's be this," because that somehow means community and

tribe. And it's really uncomfortable to, to not do that. When somebody's like, you know, bitching about the whatever, to not join in.

### **Bonnie Gillespie**

Yeah.

### **Dana Middleton**

But it's imperative if we're going to uplevel to not join in. But it's really uncomfortable. And that's where tapping can help, is you can always step away. "Oh, I gotta go the restroom" or "I've got to get on... call you right..." you know, "Somebody's at the door." I'm uncomfortable. I'm uncomfortable being in this different space. I'm uncomfortable not commiserating. And you're like, if so, why not commiserate. Because when you actually uplevel and and step into your shine, step into your greater purpose, even though it will definitely be uncomfortable. I mean it will be uncomfortable and tapping can help you to just move through it.

But the discomfort won't last forever. You will get to a new place and even if it causes a bit of a rift for a minute, you're gonna inspire people to join you. And that's why it's important. It's important because it feels good and it's great. But beyond you, it's the higher we all are living, the higher we choose to be vibrationally. The more we inspire the world to join us. So, I think it's imperative that we choose higher for ourselves, even though those around us might be a little put off by it at first. They also might at some point go, "Well gosh, I'm gonna do this too." We've all felt that. We've all felt jealous and then a day later, "What, dammit, they can do it, I'm gonna do it too." Right? We've all felt that.

### **Bonnie Gillespie**

I'm even imagining myself like scrolling on Instagram and wanting to correct someone who's slightly wrong about a thing that makes me really crazy and going wait, "It's safe to not correct. It's safe to allow them their patriarchy-ly programmed response. It's safe to be mansplained at and not do anything about it." Like just to get me out of that bucket of crabs and that's such a great visual because, yes, I love that.

Tell everyone how they can stay in touch with you, do tapping with you every week, do tapping with you every day, like what are all the places online that people can bump into you if they haven't already been stalking you while we've been talking.

### **Dana Middleton**

Well first of all, if you're an actor, you can go download here at the summit, "The Audition EFT Kit," which is where I take you through tapping and little.... There's four modules of videos where I take you through tapping, then we do three taps: one for before the audition, like prepping, when you're in preparation stage, one right for right before the audition, when you might be nervous and need to kind of get yourself in your body, and actually, the most important is the one after the audition, of how to frame, reframe, how, you know, what

happened and how to move forward to the next in high vibrational energy. So that's number one. Number two, you can join, go... The Aligned Artist, and join the website, join our community. We have The Aligned Artist's Facebook group where we meet every Monday morning for Momentum Monday which is my guided tapping I do, which I just did this morning, the day we're taping. And the Instagram is also at @TheAlignedArtist.

**Bonnie Gillespie**

Dana, thank you so much. I love you and appreciate all that you contribute to my life and the life of artists all over the world. You're wonderful, I love you.

**Dana Middleton**

I feel the same way I love you, Bonnie. Thank you so much for having me.