

SMFA Summit Dana Middleton Interview Live Chat 23 May 2020

- [May 23, 5:54 PM] Bonnie G: Hit refresh! We're LIVE!
- [May 23, 5:57 PM] Stephanie Bergeron: Hi again!
- [May 23, 5:58 PM] DanaMiddleton: Hi Bonnie and All! So happy you're here for tapping! xo
- [May 23, 5:59 PM] TBG_Erin: <3 <3 <3
- [May 23, 5:59 PM] Leah Cevoli: Hi Dana! Looking forward to this! Great way to finish Day 2!
- [May 23, 6:00 PM] Stephanie Bergeron: Not here Jaye... try refreshing?
- [May 23, 6:00 PM] Leah Cevoli: lol
- [May 23, 6:00 PM] JustineHarrison: This is actually my first video! So I'm excited to join and catch up. EFT seems a good place to start
- [May 23, 6:01 PM] AyaOhara: This is great! It's like the Hay House Summit for Actors! love it
- [May 23, 6:01 PM] BethGilvie: Know. Thy. Self. Know your who and your why, and don't compromise them when you're crafting your life!
- [May 23, 6:01 PM] RemyO'Brien: I know I'm going to sleep like a baby with all the info I've received
- [May 23, 6:01 PM] PamTierney: Feels like I have a lot of new tools to explore and see if it gels with me. But amazing info so far.
- [May 23, 6:01 PM] AyaOhara: LOL so true~!
- [May 23, 6:01 PM] LisaRobinson: It's a blessing to be given a stage.
- [May 23, 6:02 PM] DanaMiddleton: Love that! Yes, we are crafting our lives!
- [May 23, 6:02 PM] KathleenParker: Staying true to my authenticity, who I am, knowing my purpose, not compromising. WOW what Beth said! LOL
- [May 23, 6:02 PM] Leah Cevoli: Hayhouse energy in the dojo! Yes, Bon!
- [May 23, 6:02 PM] Kimberly Logan: I have a story. It is valuable. I should be generous with it.
- [May 23, 6:02 PM] ReynGraves: Know who you are as a storyteller. Find your people. Be of service!
- [May 23, 6:03 PM] KathleenParker: Thank you! yes! I will do that! Thanks!
- [May 23, 6:03 PM] Leah Cevoli: that doesn't surprise me!
- [May 23, 6:03 PM] Leah Cevoli: at all!
- [May 23, 6:03 PM] Leah Cevoli: new moon!
- [May 23, 6:03 PM] Kimberly Logan: Yes, Bon - get it!
- [May 23, 6:03 PM] Ivett: I love Sounds True!
- [May 23, 6:03 PM] AyaOhara: Good luck~~ I can see it happenningg!!
- [May 23, 6:03 PM] KathleenParker: Yes! Speak it!
- [May 23, 6:03 PM] Stephanie Bergeron: Hell yes.
- [May 23, 6:04 PM] JudyKerr:
- [May 23, 6:04 PM] Stephanie Bergeron: Yay Jaye!
- [May 23, 6:05 PM] JayeRestivo: Thanks!
- [May 23, 6:05 PM] LisaRobinson: Yeah!
- [May 23, 6:06 PM] Bonnie G: You know I'm all about setting those intentions and speaking it into truth!
- [May 23, 6:09 PM] AyaOhara: Yeah! i'm a lucky B too! Denise dt is great.

[May 23, 6:11 PM] Bonnie G: Isn't she, Aya? :)

[May 23, 6:11 PM] DanaMiddleton: We'll be tapping in just a minute.

[May 23, 6:11 PM] Bonnie G: Get ready to tap, y'all! We're gonna do this together!

[May 23, 6:12 PM] AyaOhara: I'm blown away,, this is so great! I haven't met too many actors who are really into spirituality like this.

[May 23, 6:13 PM] Bonnie G: Oh, Aya, we go deep into ALL the things that help us bring our art to the world. Sometimes that includes the woo!

[May 23, 6:13 PM] BethGilvie: "Eye on the vision, lightly" - love that!

[May 23, 6:14 PM] Kimberly Logan: :-)

[May 23, 6:14 PM] JayeRestivo: Flatten THAT curve

[May 23, 6:16 PM] DanaMiddleton: If the idea of tapping feels uncomfortable, I get it but just give it a try. After, if you want more info on how to "tap," you can check out my tapping videos on my website: <http://thealignedartist.com/tapping/>

[May 23, 6:17 PM] Bonnie G: The link to Dana's website is on the GOODIES page and it'll be on her replay page too, y'all. (Chat edits links out.) :\
[May 23, 6:23 PM] Kimberly Logan: lovely - thank you!

[May 23, 6:23 PM] KathleenParker: i feel the release! Wow. Thank for that!

[May 23, 6:23 PM] BethGilvie: Wow, it feels like glitter for my system!

[May 23, 6:23 PM] ShanayFuller: Whoa, tension headache gone

[May 23, 6:23 PM] JayeRestivo: Lovely as usual, Dana!

[May 23, 6:23 PM] PatriciaBecker-Spellman: I feel comforted...

[May 23, 6:23 PM] Paola Angarita: That was a huge roller coaster of emotions.

[May 23, 6:23 PM] Bonnie G: So cool!

[May 23, 6:23 PM] JustineHarrison: feel some more relaxation & centeredness

[May 23, 6:23 PM] Elizabeth A.Zimmerman: I can never do the under arm one. I'm too ticklish!

[May 23, 6:23 PM] AaronWilson: I feel the energy swirl too! Feel so calm now.

[May 23, 6:23 PM] Bonnie G: "Glitter for the system" -- I love that!

[May 23, 6:23 PM] Bonnie G: Aaron, that energy swirl is my favorite.

[May 23, 6:23 PM] Ivett: I was at an 8-9, and now it's a 4 :)

[May 23, 6:23 PM] JayeRestivo: I'm at a 6 - was at a 10!

[May 23, 6:24 PM] PamTierney: my breath feels lighter

[May 23, 6:24 PM] Bonnie G: Elizabeth, I don't do the under arm one when I'm doing my own taps. ;) Just because it's a reach. I like it EASY.

[May 23, 6:24 PM] JayeRestivo: Mind set....

[May 23, 6:24 PM] ShanayFuller: Hahaha Bonnie I was struggling with that one too

[May 23, 6:25 PM] Bonnie G: ("The girls" get in the way of reaching across.) ;)

[May 23, 6:25 PM] Stephanie Bergeron: For me it's like the calm after the storm. It's so great.

[May 23, 6:25 PM] JayeRestivo: Get the junk out of the way! DANA!!!

[May 23, 6:25 PM] ShanayFuller:

[May 23, 6:25 PM] BethGilvie: Ah, I miss the zone. This was like it! Love that alignment.

[May 23, 6:26 PM] DanaMiddleton: If you don't like one of the tapping points, just skip it. You can't get this wrong!

[May 23, 6:26 PM] Bonnie G: That's the best news. :)

[May 23, 6:26 PM] AmyHarber: it's fascinating that some of these tap points are also pressure points that are used in pressure point sports therapy

[May 23, 6:26 PM] PatriciaBecker-Spellman: Align with the flow both inside and out!

[May 23, 6:27 PM] DanaMiddleton: That makes sense to me, Amy. But didn't know that :-)

[May 23, 6:27 PM] LisaRobinson: Tapping on the sternum like we just did, stimulates T-cell production. (the cells that fight disease)

[May 23, 6:27 PM] Bonnie G: Yes, Lisa!! Love that spot!

[May 23, 6:27 PM] DanaMiddleton: I love the sternum tapping point, too. And most tappers don't use that one.

[May 23, 6:28 PM] Bonnie G: It may be my fave!

[May 23, 6:28 PM] Kimberly Logan: ooh, tapping as a lie detector! Never thought of it that way!

[May 23, 6:28 PM] Elizabeth A.Zimmerman: Hmm. Lie detector...

[May 23, 6:28 PM] TBG_Erin: LOVE that lie detector concept.

[May 23, 6:28 PM] JayeRestivo: Lie detector...seriously...

[May 23, 6:28 PM] DanaMiddleton: Tapping is a straight up lie detector!

[May 23, 6:29 PM] JayeRestivo: Living the truth

[May 23, 6:30 PM] AyaOhara: OMG i love that

[May 23, 6:30 PM] TBG_Erin: OOF

[May 23, 6:30 PM] KathleenParker: LOVE THAT!!! Acting is a responsible choice!

[May 23, 6:30 PM] DanaMiddleton: Acting IS a responsible choice!

[May 23, 6:31 PM] JustineHarrison: <3

[May 23, 6:31 PM] JayeRestivo: YES, Dana! Thank you!

[May 23, 6:31 PM] LisaRobinson: i have been treated better by the people in Hollywood than most other places.

[May 23, 6:31 PM] KathleenParker: Acting saved me when I was a kid...so of course it's responsible!!!

[May 23, 6:32 PM] KathleenParker: Cleaning up the blockages is a MUST, I am working on that actually now.

[May 23, 6:32 PM] Shannon MoreeSmith: Oh my, this is SO awesome! Thank you for the new level of tapping for me!

[May 23, 6:33 PM] Bonnie G: Isn't it great, Shannon!

[May 23, 6:33 PM] Stephanie Bergeron: Thank you for asking about multihyphenate living!

[May 23, 6:34 PM] DanaMiddleton: It's a great balancing act. :-)

[May 23, 6:34 PM] Bonnie G: You're welcome. I'm always curious how those who live the hyp life DO IT. :)

[May 23, 6:34 PM] JayeRestivo: Love the tapping work! And Dana is so generous with it!

[May 23, 6:35 PM] Bonnie G: Love love love Dana so much!

[May 23, 6:35 PM] KathleenParker: This will help me so much calm down the nervous system before anything now! Love this so much Dana!

[May 23, 6:35 PM] Constance Zaytoun: omg! i was on the wrong chat! that was amazing to go through that with y'all. way better than on my own and yes -- as soon as we began my throat!!

throat is so big -- that's where it always hits! when my throat flares/tightens i know there's so much going on that i've not released.

[May 23, 6:35 PM] JayeRestivo: Balancing act in the world that is a bit crazy now!

[May 23, 6:36 PM] Stephanie Bergeron: That's great- bringing everything under one roof unapologetically!

[May 23, 6:36 PM] Bonnie G: Where were you, Connie?

[May 23, 6:36 PM] Constance Zaytoun: i was on the chat from the last one. but figured it out. yolanda was there too.

[May 23, 6:36 PM] BethGilvie: Love that! Thank you so much for sharing and being so open, Dana!!

[May 23, 6:37 PM] BenYemba: Thanks for sharing all the info Dana

[May 23, 6:37 PM] PatriciaBecker-Spellman: Wonderful thank you!

[May 23, 6:37 PM] JustineHarrison: lovely :)

[May 23, 6:37 PM] LisaRobinson: Thank you!

[May 23, 6:37 PM] JayeRestivo: YAY DANA!!!!

[May 23, 6:37 PM] NicoleRycroft: Thank you!!!

[May 23, 6:37 PM] JayeRestivo: I've starting doing some tapping while I am out walking the dog! With a mask!!!!

[May 23, 6:38 PM] Constance Zaytoun: Bon -- how long do your tap usually last? and is there a talk prompt before each movement?

[May 23, 6:38 PM] Elizabeth A.Zimmerman: Aaand signed up!

[May 23, 6:38 PM] Leah Cevoli: ha

[May 23, 6:38 PM] BethGilvie: This has helped me focus so much, too, and during the last webinar of the day! (Good going on the scheduling.)

[May 23, 6:38 PM] DanaMiddleton: 0 is possible but we are works in progress!!

[May 23, 6:38 PM] PatriciaBecker-Spellman: Cultivate resilience, reframe negative mindset...

[May 23, 6:38 PM] Constance Zaytoun: got it now!!

[May 23, 6:38 PM] Constance Zaytoun: duh

[May 23, 6:38 PM] JayeRestivo: Acting is a responsible choice!!!!

[May 23, 6:38 PM] Stephanie Bergeron: Using EFT as a lie detector, and/or for positive affirmations- totally new way of using it for me, and I love it!

[May 23, 6:38 PM] Yolanda Porter: Hahahaha no wonder!

[May 23, 6:39 PM] Shannon MoreeSmith: I LOVED the tapping session! Love it!

[May 23, 6:39 PM] Kimberly Logan: Acting IS a responsible choice! - didn't realize that was in me, until she said it.

[May 23, 6:39 PM] ReynGraves: This was so great! Thank you! (And my head hurts much less than it did before! Makes me think it was probably be stress-based.) Acting IS a responsible choice!

[May 23, 6:39 PM] JayeRestivo: Really needed this with allll the info today!

[May 23, 6:39 PM] Yolanda Porter: I loved the lie detector part

[May 23, 6:39 PM] AmyHarber: focusing and balancing a hyphenate life. helps with overwhelm

[May 23, 6:39 PM] DanaMiddleton: I would say that you can get relief from tapping in just a few minutes. Occasionally, it can take days! It's all good.

- [May 23, 6:39 PM] JayeRestivo: I am on her FB page! Amazing!
- [May 23, 6:39 PM] LisaRobinson: To be successful at a career no one believes in.
- [May 23, 6:40 PM] DanaMiddleton: Thanks, Jaye, for the shout out! xo
- [May 23, 6:40 PM] KathleenParker: its a physical and emotional release, I could feel that. Will be doing that more.
- [May 23, 6:40 PM] JayeRestivo: Of course, Dana!!! xo
- [May 23, 6:41 PM] AmyHarber: Reyn = my head hurts less too (i had a weather related headache going in)
- [May 23, 6:41 PM] RemyO'Brien: I love tapping just need to do more of it.
- [May 23, 6:41 PM] JustineHarrison: i like the "i love Hollywood and Hollywood loves me" for multiple elements of this business
- [May 23, 6:41 PM] AaronWilson: Oh I never thought of that. Just doing the positive as a way of doing it. That's cool!
- [May 23, 6:41 PM] DanaMiddleton: Great way to say it Bonnie! Do it your way!
- [May 23, 6:41 PM] KenzieLange: acting is a responsible choice.
- [May 23, 6:41 PM] Constance Zaytoun: that's super interesting. love that there are different approaches
- [May 23, 6:41 PM] JayeRestivo: YES Justine! A love affair w Hollywood!!!
- [May 23, 6:42 PM] MichaelHarris: Take Away: "I hold every audition lightly...."
- [May 23, 6:42 PM] Shannon MoreeSmith: I use tapping for my migraines, but LOVE this new process!
- [May 23, 6:42 PM] JayeRestivo: My family always said that action was the 2nd oldest profession.....
- [May 23, 6:42 PM] TBG_Amy: I'll definitely be going through the replay on this one. So good.
- [May 23, 6:42 PM] LisaRobinson: As we tapped, more than one issue came up, depending on the statement we were on.
- [May 23, 6:42 PM] JayeRestivo: *acting not action!!
- [May 23, 6:42 PM] KenzieLange: become resilience.
- [May 23, 6:43 PM] JustineHarrison: @shannon how do you use it for migraines?
- [May 23, 6:43 PM] DanaMiddleton: I do start on my grizzliest thing! haha!!
- [May 23, 6:43 PM] Constance Zaytoun: Dana, if you see this -- do you always use a verbal prompt throughout the tap series that evolves before moving to the next tap point?
- [May 23, 6:43 PM] DanaMiddleton: All ways work!
- [May 23, 6:43 PM] Constance Zaytoun: gotcha! thank you!
- [May 23, 6:44 PM] LavelleRoby: Lavelle Roby: Changing patterns, letting go of the old junk!
- [May 23, 6:44 PM] Shannon MoreeSmith: @JustineHarrison The one at the top of my head. I use the statement, "even though I get migraines, I deeply love and accept myself."
- [May 23, 6:44 PM] Shannon MoreeSmith: But I still use ALL the points. Just feel it most on the top of the head.
- [May 23, 6:44 PM] DanaMiddleton: Constance, I'm not exactly sure what you mean. I think it's more of a flow that definitely evolves. You can also stay on a point through many verbal prompts.
- [May 23, 6:45 PM] JustineHarrison: interesting Shannon

[May 23, 6:45 PM] PatriciaBecker-Spellman: I have always loved Hollywood, but never considered her loving me. Great suggestion!

[May 23, 6:45 PM] JayeRestivo: Oh! Grizzlies!!

[May 23, 6:46 PM] Constance Zaytoun: that's so great. so you can stay on the phrase until you feel like it's time to pass to another phrase. lovely.

[May 23, 6:46 PM] DanaMiddleton: Yes, that's right. You can keep tapping the same thing over many points. Just keep tapping the feeling until it starts to release.

[May 23, 6:47 PM] Constance Zaytoun: gotcha! cuz i think i find that i get into my head trying to clarify the verbal prompt

[May 23, 6:47 PM] JayeRestivo: The top of the head is the Faith chakra

[May 23, 6:47 PM] KathleenParker: Yes same here with the throat!

[May 23, 6:47 PM] Shannon MoreeSmith: Me too!! I am often hurt by it!

[May 23, 6:47 PM] BethGilvie: I feel that, Bon! It's altruistic. We're believing in the world we want to live in.

[May 23, 6:47 PM] AmyHarber: starlord

[May 23, 6:47 PM] JustineHarrison: Guardians of the Galaxy!

[May 23, 6:47 PM] MalikBailey: drax

[May 23, 6:47 PM] JustineHarrison: (I think)

[May 23, 6:47 PM] Yolanda Porter: Guardians of the galaxy

[May 23, 6:48 PM] PamTierney: Guardsian of the Galaxy

[May 23, 6:48 PM] MalikBailey: guardians of the galaxy

[May 23, 6:48 PM] PamTierney: Quinn

[May 23, 6:48 PM] CarlyneAubin: Drax!

[May 23, 6:48 PM] AmyHarber: starlord has the mix tapes, but it's Drax

[May 23, 6:48 PM] Elizabeth A.Zimmerman: Try being born on that day, Bonnie!

[May 23, 6:48 PM] JayeRestivo: There is a 12 powers meditation I'll share somewhere else!

[May 23, 6:49 PM] BethGilvie: Yes, Jaye! Share that!

[May 23, 6:49 PM] BethGilvie: Or say who it's by/where to find it?

[May 23, 6:49 PM] JayeRestivo: OK!

[May 23, 6:49 PM] Ivett: Weeee. Signed up for the Facebok group

[May 23, 6:49 PM] Shannon MoreeSmith: Yes, Jaye!

[May 23, 6:49 PM] DanaMiddleton: Would love to see you at the Facebook Group!

[May 23, 6:50 PM] Constance Zaytoun: you freakin' rock, Bonnie!

[May 23, 6:50 PM] KathleenParker: WOW we did it! A full day of summit! So proud of all of us for showing up, and all the tools I've be given during this...I must say this summit is soooooo aligned with whats all happening in my life right now...things I've already started on, and things I'm fine tuning, from financial work this last year, to trusting what my purpose is, what's important to me, with or without money...

[May 23, 6:50 PM] JayeRestivo: OK! Will share here for replay!

[May 23, 6:50 PM] PatriciaBecker-Spellman: Thank you!

[May 23, 6:51 PM] JustineHarrison: :)

[May 23, 6:51 PM] KaitlinLarge: Thank you!!!

[May 23, 6:51 PM] Yolanda Porter: Thank you!!!

[May 23, 6:51 PM] Bonnie G: Kathleen, that makes me SO happy to know!
[May 23, 6:51 PM] BethGilvie: Love you all! Congratulations on a great day. Thank you, Bonnie!! ^_^
[May 23, 6:51 PM] Stephanie Bergeron: Thank you Bonnie, and Dana!
[May 23, 6:51 PM] DanaMiddleton: Thank you, Bonnie!
[May 23, 6:51 PM] BethGilvie: And thank you Dana!!!
[May 23, 6:51 PM] LisaRobinson: Thank you!
[May 23, 6:51 PM] TBG_Amy: Thank you, Dana!
[May 23, 6:52 PM] Bonnie G: Danes, you are a goddess! THANK YOU!
[May 23, 6:52 PM] Bonnie G: Such a fab way to wrap up the day!
[May 23, 6:52 PM] Elizabeth A.Zimmerman: This needs to be available CONSTANTLY!
[May 23, 7:00 PM] JayeRestivo: As promised:
[May 23, 7:10 PM] JayeRestivo: The way I do this meditation is to visualize each Power and connect with it. 1) Faith - at the top of the head, 2) Imagination - lower forehead between brows 3) Wisdom - behind the left eye 4) Understanding - behind the right eye 5) zeal - the back of the base of the head 6) Power - in the throat 7) Love -by the heart 8) Wisdom - by the bottom of the sternum 9)Order - the stomach area 10) Strength - lower back, bottom of the spine 11) Elimination - by the bowels 12)Creation/Life - by the genitals
[May 25, 5:26 AM] MarnieVan der Burgt: I had not heard of this until today and I am obsessed in the short time watching this. I have always been a believer that meditation and yoga is something that every actor should practice. I will be adding this to my own practice as well as with the studios I coach. I can't wait to learn more. Thank you, thank you, thank you.