

THRIVING ARTIST

**How Musicians, Performers, and
Creatives Can Use EFT TAPPING to
Achieve
Balance, Career Growth, and Success**

JENNY CLIFT

Praise for Thriving Artist from Thriving Artists!

I highly recommend this book (and this work) to all my fellow artists (or anyone for that matter) who is feeling stuck, uninspired, and held back by fear.

Jenny's impact on my life is profound. Working with her, and implementing her techniques, has made me a freer and more productive artist, increased my income as a freelancer, and cleared away years of negative narratives that often held me back, not just in my artistic endeavors, but in my life.

Read this book. Embrace Jenny's words. Incorporate the practice. See your life expand."

Hunter Bell - Tony and Drama Desk Award nominated, and OBIE Award winning Writer whose work has been seen on Broadway and stages around the world

There are certain stressors that are unique to artists. As an accomplished professional musician, Jenny Clift is in a position to truly understand those challenges. As a skilled EFT practitioner, she is in a position to provide real solutions.

I'm confident that her practical strategies will help not only those who identify as artists, but anyone looking to thrive more in life. It has been a joy witnessing Jenny's achievements over the years, and I'm excited about what you will accomplish with her help.

Brad Yates - tapwithbrad.com, EFT Tapping Expert & YouTube Wizard

This wonderful book offers a refreshing, practical approach to addressing the unique challenges artists face, from performance anxiety to financial concerns. Jenny combines her deep understanding of the artistic journey with Emotional Freedom Techniques (EFT), providing step-by-step guidance and targeted tapping scripts that help musicians and performers clear mental and emotional blocks.

Through real-life examples and accessible practices, Thriving Artist empowers creatives to foster resilience, confidence, and fulfillment in their careers and lives. This book is a valuable resource for any artist looking to unlock their full potential.

Dr. Renée-Paule Gauthier - Mind Over Finger Podcast, Violinist / Certified High Performance & Life Coach for Musicians

Jenny Clift's approach is refreshingly real. She emphasizes that it's okay to temporarily hold space for negative feelings, allowing them to be part of the process without getting stuck. This balance has transformed how I view mindset work.

Christopher Still - Founder Honesty Pill Coaching, Trumpet @ Los Angeles Philharmonic

Working with Jenny Clift and learning the benefits of EFT Tapping has broadened my creative abilities and my tolerance for creative risk-taking. Things that stopped me (or slowed me down) in the past no longer have the power to do so. Adding a tapping practice to my life has allowed me to quiet those voices of self-criticism and doubt, and forge new neural pathways leading to personal and professional expansion.

Jenny is a fantastic listener, teacher and guide. I recommend EFT and specifically Jenny Clift, to all our clients at The Spark File, and am so pleased to know it has helped them grow and expand as well!

Laura Camien - Writer, Producer, Creative / Co-Founder of The Spark File Creativity Coaching Programs, and Co-host of The Spark File Podcast

Jenny Clift understands first-hand the struggles that musicians, artists, and entrepreneurs face, and her work has been transformational for me and for the groups I lead. It's such a RELIEF to be able to acknowledge all of the negative feelings we have and clear them out to make space for new possibilities!

This new book is so digestible, so practical, so helpful, that you can start your journey today!

Jennet Ingle - Oboist, Entrepreneur, Author of 'The Happiest Musician', Coach & Host of the Crushing Classical Podcast

Since integrating the EFT techniques I've learned from Jenny into my vocal coaching sessions with my Singers, I've witnessed firsthand how her methods can uplift and empower others, as they have me.

THRIVING ARTIST! is an invitation to connect with oneself on a deeper level and unlock the full creative spirit. Jenny's expertise and compassion shine through every page, offering both practical tools and gentle encouragement for those ready to tap into their potential and release what holds them back.

May you feel the same joy, peace, and clarity in its pages as I've found in working with Jenny.

Judith Janzen - Opera Singer, Vocal Coach & Pro-Age Influencer

I have worked with Jenny Clift many times, and it has always been a surprisingly powerful and transformative experience. Her book is a fun and easy read, while still being practical and helpful. I really think it's going to resonate with all types of performers.

Lisa-Marie Newton - Award-winning Actor, Singer, Voiceover Artist, Writer, and Producer.

As musicians we commit years of our lives to cycles of practise, rehearse, perform. Rather like athletes, we prepare for those big events, coping with all the highs and lows along the

way. However, we seem to be a little behind the athletes when it comes to self care, mental resilience and the peak performance mindset...

But help is at hand! In her book, Jenny totally nailed down the many problems we often confront as creatives. Her experience as a musician, from her student days to practising professional, and from working with numerous musicians as a coach, she has seen quite a sampling of these problems, and THE SOLUTIONS TOO!

Following Jenny's clear instructions and accompanying videos, often creatively combined with using imagery, you'll be able to tailor your own scripts to your issues, anytime, anywhere. With practice, you'll be confident to take them down, one after another.

Vivian Choi - Pianist & Educator

My work with Jenny Clift helped me clear a lot of emotional baggage that had gotten trapped in my body. EFT itself is a fantastic modality to help rewire the brain. Jenny has an uncanny ability to understand what artists are thinking and feeling, and is able to articulate the magnitude of our self-doubt, negative talk, and self-sabotage. In this way, she helps bring to light the thoughts that keep us bound and away from artistic growth. Her understanding on this subject is of the highest order!

Julia Radosz – Soprano, Voice Teacher, Founder 'Voice with Julia'

Jenny Clift's work as an EFT Tapping Coach is integral for peak musical performance. The technique helps you to identify and clear many aspects to your ability to play unencumbered by distractions.

Truly a revolutionary technique that every artist needs in their toolbox.

Gloria Lum – Cellist @ Los Angeles Philharmonic, Founder Audition Confidential

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Introduction

If you're a musician, performing artist, creative of some kind.... then, in the eyes of the world, you're 'living the dream.'

- You get to do what you love day in and day out.
- You get to share your passion and your gifts and talents.
- You get to have a unique 'voice' in the world and explore your creativity.
- You get to do what so many people give up on.

You are the one who made it.

All of that is undeniable... so why is it SO HARD at times? Often for most of the time.

This little book addresses the kind of struggles that we have and introduces a technique to help with those different challenges. It comprises of a selection of my writings over the years – blogs, newsletters, posts and scripts – loosely covering these different areas:

- Artist's Life
- Performance Anxiety & Stage Fright
- Audition Anxiety including Perfectionism, Comparison & Rejection
- The Starving Artist (Money mindset for musicians & creatives)
- Other Artistic Fears

In 2011, while facing big challenges in my own freelance performance career, I was fortunate enough to stumble across a technique called EFT – Emotional Freedom Techniques - or Tapping. It helped me to grow exponentially in confidence and create success in all areas of my career and life.

I ended up training in this technique and began my second career as an EFT coach in 2016 after publishing my first book 'The Music Inside.' Since then, I've worked with hundreds of individuals and groups.

The natural focus of my work is with other musicians, writers, actors and creatives of all kinds. I know intimately the drive and the need to pursue the artistic life... but I also fully understand just how darned difficult and stressful it can be.

This is what I wrote for my home page on my website, a message from my heart to all artists:

'For many years I struggled so hard, and the violin was a source of great frustration instead of joy.

What I discovered was that change – real, lasting, do-able, sustainable change – must come from the inside out.

It's no good always battling, always on the verge of quitting, missing opportunities and failing.

And it's equally heart-breaking to be living the dream in fear – fear of 'You're only as good as your last gig' – and hurt; 'Everybody else gets the chances, the support, the rewards, the limelight.'

I've created my coaching business and other resources to help you - and others like you – to live your dream and love your life.

My wish for you is to aim high, to have a vision, to take action towards that vision, and to know that to have an inescapable burning desire to succeed as a creative is proof enough that this is your road that must be travelled.'

This book is a part of my mission to get EFT out to the musical and creative world and to help others to achieve their goals and to actually enjoy the ride!

How to best use THRIVING ARTIST?

Of course, you are welcome to read right through – the 4 sections are designed to flow and create a picture of the challenges that many artists face, followed by a comprehensive section about EFT Tapping; how to do it and how it can help you.

After that I share comprehensive scripts so you never have to face the problem of 'What do I say?' while using the techniques. I include links to accompanying videos and audios so you can get a feel for the technique with me.

And finally, a few stories/case studies from different musicians and how it helped them, as well as ideas for you to use Tapping too.

Alternatively, and especially if you are already familiar with EFT, feel free to pick and choose whatever catches your eye. Just follow your heart and your gut.

For *all* the extra resources from the book in one place, go to www.abetterlifetapping.com/thriving-artist-book-resources/ and use the password: TAPPING

Basically, there's no right or wrong way to read this book – whatever works for you is perfect right now.

I hope you find the combination of observation, inspiration, education and instruction (including many full EFT Tapping Scripts) to your taste, and a useful resource on your path as a musician, artist & creative.

May you be happy, healthy, wealthy, creatively fulfilled – *MAY YOU THRIVE!* - and always...

 **Shine Your Light!** 

Jenny

Section 1: Eight Challenges We Face

Some of the different issues that come up for so many working professionals or would-be artists, with stories from my own life, and from people that I've worked with over the years.

Challenge #1: Performance Anxiety

Are nerves really necessary? My article in 'The Strad' magazine

This was first published as an opinion piece in the August 2023 issue of 'The Strad' magazine under the title 'Can Nerves Be Conquered?'

Picture a small, scared 8-year-old, waiting their turn for their grade 2 piano exam. The child is shaking with fear, white-faced, terrified of messing up. Their teacher tries to help by offering words of encouragement, stating, gently but firmly, that nerves are necessary and show that you care.

But what if this commonly held belief is inaccurate?

What if it is merely a coping mechanism for dealing with the fact that, up to now, we've lacked effective ways of managing the jitters, butterflies in the stomach, and clumsy fingers that often accompany performances?

What if it were possible to play without fear, remain relaxed and cheerful, and still be completely focused and performance-ready? In fact, what if such a state enabled you to connect with the music, your technical abilities, and unique musical voice, leading to an even higher level of performance?

We are all aware of the detrimental, even devastating, effects that anxiety and stage fright can have on our performance.

In my own career, I recall numerous, embarrassingly traumatic instances of memory slips, playing in rests, wrong notes, breakdowns, and painful, out-of-tune octaves.

These experiences often stay with us for years and often lead to feelings of shame, anxiety, and fear. This is particularly true for classical musicians who frequently perform under immense pressure while battling the self-doubt that arises from the internal voice telling us that we are not good enough.

As a youthful violinist, getting into a renowned music college marked the beginning of the end for my dreams.

Suddenly, I was a small fish in a big pond, and my previous confidence, as the leader of my school orchestra and star pupil of my beloved teacher, was shattered.

As a result, I struggled and ultimately just scraped (literally!) through my Performance diploma. When I informed my violin professor that I was quitting he muttered, "About time too." I fled the country - literally - and spent the next decade teaching English in Spain, with my instrument hidden silently in a cupboard.

However, the desire to make music never left, and finally, encouraged by a more sympathetic teacher, I began playing again.

While freelancing and teaching violin, I also attempted to secure a permanent position, which naturally led to auditions.

The very thought of auditioning can cause panic and trepidation even in the most self-assured musician.

Despite employing various coping mechanisms such as deep-breathing, beta-blockers, hatha-yoga, and self-reasoning, the internal voice and deep-seated feelings of inadequacy persisted, preventing me from achieving my goals.

In 2011, I discovered a solution that would change my life.

While browsing YouTube, I stumbled upon a seemingly bizarre technique known as Emotional Freedom Techniques (EFT) or Tapping.

Since the 1990s, there has been a rise in modalities that combine Western talk-therapy with Eastern energy techniques, with EFT being one such technique. It involves stimulating acupressure points by tapping on them while discussing the corresponding emotions and challenges being faced. This reduces the stress hormone cortisol, rewires the brain, and calms the fight or flight response, allowing the mind-body-nervous system to relax.

Working with an EFT coach, I achieved remarkable transformations in my career. And right before the pandemic, I was employed for two seasons in a musical in Madrid while training to become an EFT practitioner. I am now honored to work with other musicians and artists and witness their incredible, joyful, fear-free achievements.

Therefore, I am delighted to announce that nerves are not necessary!

It is possible to perform without fear while remaining relaxed and cheerful and still be completely focused and engaged.

The use of techniques such as EFT Tapping can be life-changing for musicians and performers, enabling them to overcome internal barriers, achieve their goals, and perform to their highest potential.

Read the article in 'The Strad' [HERE](#)

<https://www.thestrad.com/for-subscribers/opinion-eft-for-performance-anxiety/16759.article>

You can also find the link on the book resources page at
www.abetterlifetapping.com/thriving-artist-book-resources/
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Challenge #2: Having to say 'yes' to everything

Shock, horror. Artist says 'No' to gig

Have you ever said 'NO' to a gig? 🤯

Now I'm not talking about those magical occasions when you see that said gig coincides with a 10-concert, lucrative run at the Royal Theatre.

In that case you have to reply (with a certain smugness) '*No, I'm so sorry, I've got something on that date*'.

(Subtext: I'm terribly busy and successful and don't need your pathetic little gig.
Sub-subtext: Not this month anyway, thank goodness.)

No, I'm referring to those offers which *even you* can't bring yourself to accept - the conditions are so crappy, the organization so appalling, that the lure of 100€ (or whatever) doesn't even justify it, not even if you're desperate.

I said 'no' once.

It started quite hopefully, a few years back. A fellow violinist rang me, he's great, lots of respect for him, so a good sign.

Nice recording gig coming up, chamber orchestra, playable music, reasonable conductor, OK pay.

Great! When and where?

Recording studio outside of Madrid, 2am, (some date).

Wait! What?

Me: *2am. W. T. F.? TWO? in the morning? Did I hear you right?*

Him: *Yes, that's right. Are you in?*

Me: *Oof, let me get back to you....*

And I did. I thought long and hard, slept on it...and then said 'no'.

It just felt incredibly demeaning. And exploitive. (Studio space is cheaper that time of the day/night.)

So then I felt really pleased for setting my boundaries, defining my limits, standing up for myself a little.

Except I didn't. I felt terrible.

Weeks of panicking that I should have said yes, would get a reputation for being picky, unavailable, would never get called again, would upset my colleague etc, etc.

I'm over it now. And I'm glad I said 'no'. It didn't actually make any difference to my career, and it was at least a small sign of self-care and self-respect.

How about you? Did you ever turn anything down? Or said 'yes' to something and then wished you hadn't?

Believe you me, I've been there, done that, many a time!!

Challenge #3: Money worries

Are you sick of being a starving artist?

Back in 2011, when I began my journey with EFT, to help me to move from violin teaching to more performing (which I wrote about in my first book, *The Music Inside*), there was one topic, that kept rearing its ugly head... that scary M word, MONEY. 😱

I was totally bound up with my financial fears and doubts and limitations and really couldn't see any way to resolve them. 😞

After all, money is a real-world necessity, and those beliefs and thoughts of lack and scarcity, especially as an artist, often feel so very, very true.

We live them every day, we see evidence all around us, there's no getting away from them.

How about you?

- *What do you believe about money?*
- *About people who have money?*
- *How about artists, musicians, creatives who have money?*
- *And about your ability, as an artist, to make money?*
- *To have enough, and even more than enough?*

And how does clearing and changing your money mindset make any difference anyway?

I love the example of Jennifer S, who had the courage to completely revamp her violin teaching studio. She changed from the old hourly-rate model to longer packages, upping her rates while creating even greater value for her students.

Yes, it required courage, yes, she had to clear the fears that she'd lose everything she'd worked so hard to achieve, and her fears that people would be angry with her. And yes, she worked through all the resistance to change that goes with being human.

But the result was triumphant. Not just in her bank balance, but in the sense of safety and self-worth that resulted from allowing herself to ask for more, envision more, and receive more.

We're all so used to working from the outside in... but what if the opposite, working from the inside out, was actually more effective, more sustainable and more lasting?

What if that was the road to becoming a THRIVING ARTIST? Wouldn't that be something?!

Challenge #4: Doing your best when it counts

Do you ever let yourself down? (Audition story)

How many times have you felt frustrated and upset when you didn't play/sing/perform as well as *you absolutely knew you could*? 😞

I remember a long ago audition.

I'd been subbing regularly with the orchestra and violin tutti positions came up.

I wasn't crazy about it (auditions have never been high on my list of things-I-like-to-do!), but I practiced long and hard, worked on my technique, the repertoire, and the orchestral excerpts.

I put myself through mock auditions and practice sessions with another musician. Together we spent a massive amount of time and effort and really encouraged each other to go for it!

A previous teacher of mine was on the panel, as well as many friendly faces - they knew me from the playing I'd already done with the orchestra, and *they wanted me to succeed*. 🙏

And it was HORRIBLE. No, I didn't break down, I didn't crash and burn, I just didn't play *anything like* as well as I could.

And I still remember my teacher's baffled comment afterwards: *But Jenny, I know you can play so much better than that!*

I wonder if you, like me, believe that we often teach what we need to learn. 😊

Since that terrible audition I've discovered many tools and techniques, and taken many courses, about how we can set ourselves up for our best performance experience.

As I see (and feel!) it, there are **4 things** that can tip the balance:

- 1 *Your mind.*
- 2 *Your body.*
- 3 *Your energy.*
- 4 *The morning-of-the-gig.*

1. Your mind - thoughts & resulting emotions (and knowing that What You Resist Persists.)

Here are some things to ponder:

Thoughts are energy. When coupled with a great deal of emotion (energy in motion) they can feel very true indeed and even become beliefs.

Beliefs are thoughts that we've repeated to ourselves (or had repeated to us) so many times that they seem true – and we have plenty of evidence to back them up.

BUT, clearly, each of us has our own personal Belief System (or B.S. as I call it) that we've worked out as being the 'right way to do things'. based on how we were taught to understand the world, given our circumstances and the people in our lives.

Telling ourselves to stop believing our thoughts often doesn't work and can even backfire, causing a part of us to dig our heels in even stronger. Hence the phenomenon of 'What you resist persists.'

2. Your body - and your nervous system & physical sensations (the 80 to 20% of Nerves)

Once again, trying to ignore or flee from the feelings in your body actually has the effect of increasing the symptoms.

Digging in deep, becoming more in the body, by stopping, noticing and identifying, has the counter-intuitive effect of allowing the body to calm down.

Perhaps you won't be completely fear-free, there are still going to be biological fight-flight-freeze responses to what the mind perceives as threatening situations, but you can go from a paralyzing, debilitating 80% of nerves to a manageable, even energizing, 20%!

3. Your energy - and how we show up & connect (the Expansion Effect)

Imagine an energy field around you. This energy field (which is actually real and can be measured) is constantly shifting and changing.

This happens most often without our conscious awareness – you're already doing it - but you can start to expand or contract your energy using it to your benefit.

Think of yourself in your practice room. Your energy is close around you, focused inward – on the physical, mental, technical challenges facing you.

As you step out on stage, your energy needs to change. Now it needs to include the space you're performing in, the listeners and the acoustics of the performance space. You are there to be seen and heard, and expanding your energy deliberately allows that.

It also gives you the room to move, the freedom to be yourself, and allow your unique interpretation while being safe within your own energetic space.

But don't take my word for it! Try it out for yourself the next time you move from practice to performance.

And another important piece of the puzzle:

4. Your morning-of-the-gig routine - pull all the above together.

The more you practice mind-body-energy techniques *before* you get to the morning of the gig or audition or competition, the easier it will be to call on them when you most need them.

My advice is to start the day high (perhaps with a guided meditation or a positive tapping round) and notice – and interrupt – any thoughts that threaten to bring you down.

Your mind is trying to help you, but in a way that is fear-based and misguided.

Gently say to it: *“Thank you for sharing, but right now we have a job to do. I promise to keep us safe so let’s work together and have a wonderful experience today!”*

This is the inner route to success.

It’s not a substitute for all the outer actions you must take – the learning, practicing, repetition, playthroughs and mock auditions - but an addition. A way to have those be highly effective when you most need them, in the moment when everything counts.

Challenge #5: Managing your energy right before performing

Are you a tiger or a mountain?

I used to have some confusion about those nerve-wracking moments right before going up on stage. 😞

Do I stand very still trying to breathe deeply and stay calm and centred, like a mountain?

Or do I pace the dressing room like a tiger, violin in hand, playing up to the last second?

(It was usually the latter. 🐯)

When I got into Energy work, I discovered that moving and shaking - or EFT Tapping! - *to get the energy in your system unblocked and flowing*, is the way to go.

It's what Olympic sprinters do right before a race - 10 seconds to perform after 4 years of preparation. Now that's a lot of tension! Shake. It. Out.

It's what my cats do right after a cat-spat. Shake. It. Off.

And then... getting soothed and grounded to bring your energy out of the head space (those incessant thoughts) and into the body.

You can use these to your advantage too - right before getting on stage or going into an important event... any time you need to be calm, present, focused and ready to do your best.

Challenge #6: Auditions

Performance vs Audition Anxiety: Are they the same?

One of the lines I've been fed over the years (pet peeve here!) is 'Treat your audition like a performance, as if the panel were your audience!'

Yup, well-meaning, but, frankly, not doable... because, let's face it, **an audition is NOT a performance!!**

And anybody who has ever taken, or contemplated taking, an audition, knows that. 😞

In a performance:

- *You get to play the whole thing* without being interrupted
- The audience is *there to be entertained and/or educated* - not to judge (they may, of course, do that, but that's not the main purpose!)
- The *present moment* is what's important - not the result
- There is *not* the same, highly distracting, element of *competition or comparison*

These are just 4 of the differences, I'm sure you can come up with more.

But despite the differences, when it comes to using EFT Tapping for anxiety, I would start at the same place for both performance anxiety and audition anxiety.

With the physical symptoms, in the body.

Why?

First of all, because **this tends to be the most accessible, as well as the most detrimental to our performance.**

Beginning with '*Even though my palms are sweaty and my knees feel like jelly...*' (for example) is a great way to face squarely, and start to dissipate, the physical symptoms.

Here are my 3-MINUTE THOUGHTS on this topic. Watch the VIDEO in Section 1 of the resources page:

www.abetterlifetapping.com/thriving-artist-book-resources/

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Challenge #7: Feeling stuck in your career

Stuck like Downton Abbey

I first shared this with my newsletter readers in May 2022.

Last Thursday I went to see the new Downton Abbey movie with my daughters Emma and Silvia. 😊

Oh, it was bliss, we all *loved* it ... the costumes and sets are magnificent, the dialogue is witty, the music sweeps you along, and the whole thing takes you right out of yourself for those couple of hours.

125 minutes of escapism. Of worrying, not about our own struggles, but about *other* people's problems, knowing it's only a script, they're not really suffering!!

Because *they really do struggle*... 🤔

And it struck me that the ones who are struggling the most (and yes, I know they're not real, honest!) are *the ones who feel stuck, who resist change or taking risks*, or going for something bigger or more adventurous, or messing with the status quo.

Let's face it, this difficulty with accepting change is not limited to Lord Grantham or Mr. Carson the butler!

Most of us resist change and end up repeating the same patterns over and over. Even if these patterns are no longer serving us, we don't know how to break the cycle. It's as if our brains are locked in a loop and can't get out.

There are many ways we can feel trapped and stuck. See if you can relate to any of these:

- You're preparing for an audition and the anxiety is kicking in over the amount of repertoire you have to lick into shape, about traveling to the venue, how many other people will be there, will I be good enough, will they like me, will I get past the first round, will I completely mess up the excerpts, will fear play havoc with my playing etc etc etc. You push through, but the whole experience is miserable... or you end up doing nothing.
- You're fed up with some of the parents in your studio, the kids aren't practicing, you've had a last-minute drop out, not that you really mind because they were such a pain anyway, but you're so nervous about your money situation that you don't dare turn anyone away, let alone put your prices up. You're desperate ... but you end up doing nothing.

- You want to reach out to a new agent and get bigger opportunities, but you don't have a decent recording of your current performance level, you don't have a website, you don't know the right people, you're afraid you'll be rejected or ignored or looked down on... so you end up doing nothing.

Feeling stuck and overwhelmed can create beliefs about ourselves that we assume are true. These beliefs limit what we think is possible for us.

When you think of the area in your life where you feel stuck, what beliefs did you create about yourself from that experience?

- For example, the person who is frantically preparing for that audition might believe she will never find an orchestra position of her own that will feel satisfying and fulfilling.
- The individual who can't make changes in his teaching studio may be afraid of failure or disapproval even though he really wants to do better and improve his financial situation and feel he's really making a difference.
- The person who resists trying for a more prestigious agency believes that they'll never be recognized, they'll always be under-employed or stuck in places where they don't feel challenged or excited or appreciated.

Feeling stuck can get in the way of creating what you really want in your life. When we are stuck, we tend to cling to what we know and avoid change. We keep ourselves stuck because it feels safe. We end up doing nothing.

People get stuck in old patterns because of fear.

- Fear of being hurt or disappointed again
- Fear of losing what they've already worked so hard to achieve
- Fear of change
- Fear of failure
- Fear of the unknown
- Even an unconscious fear of success!

We listen to our inner voice that replays those fears or limiting beliefs, and it prevents us from moving forward. It's easy to hide behind these excuses and stay where we are.

- What would happen if you could release the fears that are keeping you stuck?
- How would it feel to move past those old hurts, resentments, and disappointments?
- How would your life be different if you could let that old stuff go?

How do you get unstuck? You don't have to stay stuck forever. Just answering these questions and reflecting on your belief systems will *get the energy moving...* and in the next section you'll learn all about EFT Tapping, my favorite tool for creating lasting change.

Challenge #8: Losing your passion

Can you love (music) again?

There's something that's bothered me about my husband for years. 😬 😬

The fact that he, as a non-professional-musician, LOVES listening to classical music.

And, confession time, since music college, I've struggled with that. 😬

Because **I've got SO MUCH BAGGAGE:**

- So many past performances - good and bad ('*Oh, that time in college when Freddy replaced me as leader of the 2nd violins and I was devastated.*')
- So much intellectualizing (*D flat Major moving to the dominant, recapitulation coming up...*)
- So much critiquing ('*Hmm, string section sounds a bit off there.*' 'Oof, that choir's flat!')

And I've talked to enough professionals over the past years to know that it's not just me!!

That the accumulation of *traumatic musical memories*, of struggle in *sub-optimal conditions* and the meaning we took from them, and the nature of the profession with plenty of *fear-based scarcity thinking*, **all of these can override the very reason we started in the first place.** The love of this amazing music and the connection to our emotions and yes, our spirit.

Anyway, I decided, **enough is enough!** Time to recover that love - in 3 steps!

Here's my simple process!

1. Make the decision to love this music again (whatever it is for you) and to listen without all the baggage. (And if you need to Tap to clear memories and feelings, well, that's definitely an option!)
2. Listen with 'new ears'. I decided to listen as if I'm hearing this piece for the very first time - or if I was introducing it to someone else, like my 19-year-old daughter.
3. Pick a piece, perhaps go out for a walk - make this like a soundtrack to your life 🎧 - and let yourself listen with an open mind and heart.

I did all that!

I picked Aaron Copeland's Appalachian Spring and had a blast, walking through my local park.

It felt SO GOOD!!

What piece will *you* pick to listen to with new ears? Hit reply and let me know! ❤️

For the 3-minute companion video to this chapter go to Section 1 of the resources page:
www.abetterlifetapping.com/thriving-artist-book-resources/
Password: TAPPING

Before we go any further...

Can you tell me something about yourself?

One of the weird things about writing a book – rather than talking to you directly – is that I don't know who I'm speaking to through these pages.

I'd love to know something about you:

- What do you do for a living, or spend your days doing? How about artistically?
- How did you discover this book? If you searched for something on Amazon or Google, what did you type in that resulted in you finding this book?
- What are you hoping for by reading this?

Send your responses by messaging me on my Facebook or Instagram accounts, or you can email me at jenny@jennyclift.com

I read and appreciate every response - and I also reply (unless this is years down the road and I'm too busy and famous!! 🤪)

**GET YOUR COPY OF THRIVING ARTIST by
Jenny Clift on Amazon NOW!**

BONUS CHAPTER: EFT Tapping Script for Audition Fears and Doubts

Even if you're generally a relaxed calm confident performer, with not a sign of nerves, chances are that when it comes to auditions you get triggered in all kinds of ways.

An audition is, of course, a wonderful opportunity to show the panel what you can do and to gain your own position with the status, the stability and the recognition that that will bring.

But it's also really scary. There's a lot riding on this.

And it requires a huge investment in time, money and effort. Not to mention keeping your confidence high and your mind on the job.

There are lots of things that we could tap on when it comes to auditions.

Believe you me, I've tapped in the past, I've made dents on myself tapping on all the different audition fears and doubts I had. And it's the same with many of my clients.

Those past auditions and those when you crashed and burned.

Or maybe you thought you were going to pass and you didn't, so those regrets and the sadness that comes from that.

Also in the main things that were said or implied, all of these can really, let's use this word, traumatize us, and it makes it really hard to feel good as we go into a new audition.

Today we're going to focus on what is perhaps the most obvious fear as we face an audition and that is the fear of failing, not winning the job, and not doing your best.

TAPPING EXERCISE:

Take a moment to tune in, maybe close your eyes, and just feel what's there; the emotions and the physical feelings, as you contemplate your upcoming audition. And

even rate these on a scale of one to ten. And you can become aware of any thoughts that are going on as well.

And let's see if we can tap to bring down some of the nerves and bring down some of the dread and the fear that's maybe going on.

TAPPING EXERCISE - ACKNOWLEDGE THE FEARS

Starting on the side of the hand, tap and and say the words out loud.

Even though I'm so afraid I won't win this audition, I love and accept myself completely
Even though I'm so afraid I won't win this audition, I love and honor myself completely
Even though I'm so afraid I won't win this audition, I'll fail, maybe I won't even get to the next round. And I won't do my best, I'll let myself down.
And even though I'm so afraid I won't win this audition, I deeply and completely love honor and accept myself

Now tap around the points to *CLEAR THE NEGATIVE THOUGHTS & FEELINGS*:

Eyebrow point: I'm so afraid I won't win this audition
Side of the eye: And I have all these feelings when I think about the audition
Under the eye: All this fear and dread
Under the nose: this nervousness and jitters
Under the mouth: I can feel them in my body
Collarbone: In the pit of my stomach
Under the arm: Like a ball or knot of fear
Top of the head: And all this tension in my chest and in my throat
Eyebrow point: When I think about having to perform
 (Continue tapping round the points.)
Having to show them what I can do
I'm taking a moment to tune into my body - become very present and aware of what I'm feeling -
I'm acknowledging the sensations - this is my fear response - what happens to me when I get triggered - and I go into fight or flight or freeze - and just for now I'm not trying to change anything -
I'm just paying attention

Okay so let's just stop there and just take a moment for reflection. Feel into those physical sensations without judgement. As you release the breath just release any surface tension. As you breathe out relax your shoulders, your back, your body...

That's great. And now let's keep on tapping around the points and we're going to become aware of the thoughts that come up for us. So starting on the eyebrow, continue tapping round the points:

I'm paying attention to my thoughts - all the negative thoughts - as I get closer to the audition - I've worked so hard at this - and it's still not perfect - it's still so hard - there are still technical difficulties - and even if I can play it at home - when I'm relaxed and confident - I'm really afraid I'm gonna mess up in front of a panel.

And they'll be judging me - judging my every move - my every sound - and I just know what they'll be thinking - because I'm already thinking it myself:

It's not good enough - it's not perfect - not up to standard - I expected more from this candidate - who do you think you are even trying for this? - you're wasting our time.

I feel like a fraud - like an imposter - I don't really deserve this position - other people are much more deserving - and they seem so confident - why can't I be like that?

All these thoughts - they really mess with my concentration - they spiral out of control - and they really bring me down - so I start to despair - I'll never win an audition - it'll never be my turn. –

All this despair and sadness - because I know I could do this job - I have so much to offer - I'm so passionate about playing and - sharing my music - and this audition is getting in the way of that.

All this anger and resentment at this system – it's so hard - and I want this so badly - and it always goes to someone else - someone younger or more experienced - or who can play faster or more perfectly.

I'm just honoring my thoughts and feelings. I've tried pushing them away – ignoring them – or medicating them - my fears and doubts - my sadness - my worries and concerns - and that didn't work for long - so just for a moment - I'm allowing them to be there – I do feel this way – these are very real.

And as I acknowledge my thoughts and feelings - and stop fighting or pushing against what is - I allow myself to relax just a little - relaxing the energy and intensity of those feelings - allowing them to move and shift.

I'm allowing myself to be my whole self - with all my fears and doubts - as well as all my confidence and brilliance - and my tenacity and passion – I'm giving myself emotional freedom - and honoring all of myself.

Great, stop tapping and just take a breath. And maybe even close your eyes, just tune into your body and see what's going on right now. Rate your feelings once again and see if anything's shifted. If you're down to a two or even less, great, you're good to go.

Thanks for tapping with me and good luck in your audition. Go out and sock it to 'em!!

BONUS CHAPTER: Tapping for 10K for Musicians

How would it feel to earn 10k or more every month doing what you're passionate about and doing what you were trained to do?

Pretty amazing right?

Well, here's the good news! THIS ENERGY STUFF WORKS!! And you can do this!

I kid you not, just *this week*, using the following tapping process, I booked \$5,600 in new & returning clients, and heard from 2 people *out of the blue* who wanted sessions.

Set your goal, do the tapping and create your own magic! 💖

In Round #1 you'll CLEAR:

- The thought 'It's IMPOSSIBLE!'
- Your other limiting money beliefs
- The emotions & feelings that lower your money vibe 😞

And in Round #2 you'll say YES! to a WHOLE NEW MONEY REALITY! 🤩

#TopTapTip: Double, triple or even 10X the amount if it feels too small for you - just remember to stay connected to the number emotionally.

TAPPING EXERCISE:

Start by taking a moment to close your eyes and to feel into what having 10k a month would mean for you.

People often say to me, I feel safe or free, I wouldn't have to worry, I'd feel recognized and validated.

But these great thoughts and feelings are often quickly followed by thoughts like:

- *But that's impossible.*
- *It's never gonna happen,*
- *I'm too old,*
- *I'm not good enough.*
- *It's impossible in this profession.*
- *No one ever taught me how to manage money.*

- *(Your negative thought here)*

All those different things that come up for us, and all other kinds of thoughts and feelings.

Say out loud right now 'It's impossible!' and rate how true that feels for you on a scale of one to ten. And feel into the emotions that come up for you.

Now just take a deep breath and open your eyes and let's tap.

ROUND #1 – CLEARING:

Start tapping on the side of the hand and say the following sentences out loud:

I'm tapping for 10k a month, every month, doing what I love, and I love and accept myself completely

I'm tapping for 10k a month every month and I love and honor myself completely

I'm tapping for 10k a month every month. doing what I'm passionate about. what I've spent years training for, and I deeply and completely love honor and accept myself

Start tapping on the eyebrow point and move round the points.

eyebrow point: I'm tapping for 10k a month every month

Side of the eye: I'm tapping for this regular money

Under the eye: I'm letting go of everything

Under the nose: in my mind body and energy system

Under the mouth: that gets in the way of that

Collarbone: that doesn't believe it can happen

Under the arm: that says it's impossible in this lifetime

Top of the head: just impossible for me

eyebrow point: And I'm clearing all the different limiting beliefs

(Continue tapping round the points.)

That run through my head - beliefs like: There isn't that kind of money available -

There aren't enough opportunities - I'm not good enough - I'd have to be perfect - I

don't have the right contacts - and It's wrong to ask for this money anyway - I'm an

Artist - I'm not a business person

I'm clearing all of these - and every other belief - that I've picked up around money -

from my family - from my community - my teachers and mentors - and my

colleagues - clearing all of these beliefs that stand between me and making this kind

of money

And I'm letting go of the emotions too- all of these feelings of anger and resentment

- why is this so hard - why can other people do it and not me - I'm feeling

overworked and underpaid - all this resentment - even anger - I'm letting it go

And I'm letting go of all the worry and anxiety - all that worry that I can't pay my

bills - that I'll never earn enough money - that it'll always be a struggle - letting go

of this worry - releasing the anxiety

And I'm letting go of any shame - shame I might have about asking for and receiving money - any shame connected with money - and who I am around money I'm releasing all these and any other emotions - from my body - and all the way back through my past - back through every time that i got the message - that earning lots of money - and earning it regularly - just wasn't possible for me

Stop and just take a deep breath.

That's what we call a negative tapping round and, as you can see, what we do is really honor and say out loud all the things that are coming up for us.

Of course money is a huge topic so there will be a lot more things coming up for you, but that covers some of the things that may be going on.

Again, feel in and see if anything's changed for you if anything's shifted for you. Sometimes people say to me, 'Well, you know nothing's really changed, but just saying it out loud and acknowledging it, I feel lighter, I feel more free.'

So let's just see if we can work on these kind of feelings using a positive round.

ROUND #2 – POSITIVE:

Start again on the side of the hand:

*I'm tapping for 10k a month every month, and I love and accept myself completely
I'm choosing 10k a month every month, and I love and honor myself completely
I'm tapping for this money, this or even more, I'm opening myself up to a whole new money reality, and I deeply and completely love honor and accept myself*

And tap round the points:

I'm tapping into 10k - I'm choosing a new reality - I'm choosing a parallel universe for myself - one where I earn 10k a month - every month - and I'll benefit - the people I love will benefit - and the industry will benefit - I'm setting a new standard - I'm creating a new reality - one where I'm getting paid well - for what doing what I love - and I'm choosing to see - that it's not only possible - but easy and joyful - and available to all

And I'm recognizing my value - the hours I've spent - becoming a really great crafts person at this - all the energy and dedication I bring to my work - to my art - and the passion and fire that fuels me - it keeps me going

I choose to say Yes! - Yes! to 10k a month every month - Yes! to financial freedom - Yes! to joyfully asking and receiving - and I'm clearing my energy around money - as I step into the flow - of abundance and wealth - ease and joy - magic and miracles - as I do what I love - and share my gifts and talents with the world

Stop tapping, just take a deep breath, maybe close your eyes again and see how you're feeling now.

What I suggest is to do this every day for 21 days and see where it takes you. Really allow yourself to be open to new ideas and opportunities, new ways of asking for and receiving money, new inspiration, ways you can contribute, ways you can offer something which you'll then receive back as money.

Just remember that money is energy, and we artists have a lot of energy!!

[Get the book on Amazon](#)

About the Author

Jenny Clift is a professional freelance violinist and an EFT Tapping online coach, based in Madrid, Spain.

She's passionate about working with musicians, stage artists, performers and creatives to help them achieve success, wealth, joy, confidence and inner peace.

Having experienced many stops and starts in her own musical career, over several decades, Jenny feels strongly about helping others overcome the emotional and practical challenges which arise while trying to succeed *and thrive* doing what you love.

She discovered EFT Tapping back in 2011 and saw amazing growth in her career and life. In 2016 she published her first book about her experiences – The Music Inside - and trained as a Certified Energy Psychology Coach and a Tapping into Wealth Coach. Since then she has added further qualifications in Hypnosis, EFT & Ho'Oponopono, TFT and training in different Energy techniques.

Since 2017 she has worked with individuals and groups online, helping them to discover and clear the hidden blocks, traumas, and subconscious limiting beliefs around their money, their passions and their work. This allows them to take action, achieve their goals, and feel excited, secure and fulfilled in their chosen career – *to thrive doing what they love*.

THRIVING ARTIST is Jenny's second book. The first, The Music Inside, charts her journey as a musician, and how she discovered and used EFT and other inner techniques to move into doing more of what she loved. Published in 2016, it is available on Amazon at The Music Inside, Jenny Clift, Amazon.com.

You can find out more at Jenny's website: <https://abetterlifetapping.com/>

Book a free Tapping Discovery Call with Jenny here:
<https://abetterlifetapping.com/appointments/>

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