Your Inspiring Life

Your Guide to Finding and Fulfilling Your Dreams

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A NOTE ABOUT NAVIGATING THROUGH THIS E-BOOK:
By clicking on the specific topics listed in the table of contents, you will automatically be taken to the chapter or recording transcript that you choose. On the left side of the screen, you will see a Bookmarks icon. If you click on that, you will find links to all the chapters and transcripts of the *Your Inspiring Life eBook*. You can also navigate back to the table of contents by clicking on pages two through four via the Pages icon which you'll find above the Bookmarks icon.

Let me also just say thank you in advance for honoring and supporting me in my work by not making additional copies of *Your Inspiring Life* for other people. If you know someone who might benefit from this program, please encourage them to go to my website at *YourInspiringLife.com*. That way, they can decide for themselves whether they are ready to make the commitment to following the program themselves to create their own inspiring life.

Also, although *Your Inspiring Life* has a rich variety of powerful resources to help you on your journey to a life of well-being and inspiration, it is not a substitute for professional counseling when needed. If you find that your issues run deeper than you can address with *Your Inspiring Life*, I encourage you to contact a qualified mental health professional to support you in your healing.

Again, thanks so much and I wish you all the best on the joyful adventure of living your own inspiring life.

Laura Lawson Boatman

CHAPTER ONE

Welcome and Introduction to Your Inspiring Life

Welcome to *Your Inspiring Life*. Doesn't that sound wonderful? I'm so glad that you decided to make this commitment to yourself and your future. The *Your Inspiring Life Program* is going to help you achieve whatever you've always wanted to do in your life and more. Life is meant to be lived with joy and inspiration. Take the time to read this book and follow the steps of *Your Inspiring Life* and you truly will move your life forward in the direction of your dreams.

Whatever you can do, or dream you can, begin it.
Boldness has genius, power, and magic in it. Begin it now.
-- Goethe

I love this quote. I think it captures the essence of what *Your Inspiring Life* is designed to help you do. You will learn to focus on a goal that inspires you and clear away any resistances you may have to achieving it. You will then learn to take inspired action to make your dreams a reality.

When you're choosing to do something new that stretches you, you need support to help you through the rough times and encouragement to keep you moving forward. I'm here to do that for you through this program. I've designed *Your*

Inspiring Life to support you every step of the way. And, more importantly, I will help you learn how to do the same for yourself.

I know you can do it. You can feel inspired each day as you move forward toward your dreams. You can achieve your goals. I believe in you. Because I know we each have the capacity within us to achieve whatever we set our minds to. We are never given a dream without also being given the ability to achieve it.

What happens too often though is that we say to ourselves, "Oh, I wish I could do that," but then instantly we put out the flame of inspiration with a few foot stomps that go like this, "Yes, that would be nice, BUT…" and then we proceed to remind ourselves of all the reasons we can't do what we really want to do. Squash. There goes the dream. It's a terribly painful, sad place to be, to feel your dreams getting farther and farther away.

That's why I developed *Your Inspiring Life*. It's worth repeating: you are never given a dream without also being given the ability to achieve it. Your heart *is* your guide. What fills you with joy? What makes your heart sing and brings a smile to your face when you think about it? This is how your heart guides you. If you have difficulty with this idea, don't worry. In *Your Inspiring Life*, I am going to show you how to listen to the voice of your heart and how to trust its guidance.

Most of us have never been taught how to listen to our hearts this way, let alone find a way to follow its guidance. And so, we go on with our lives, wishing, letting go of our dreams, and feeling hopeless. And time marches on. That's why I am so glad you listened to your heart and decided to commit to *Your Inspiring Life*. I know it will help you release all those mistaken "Yes, Buts" and awaken to the voice of your heart. *Your Inspiring Life* is designed to help you every step of the way to achieve your dreams.

Your Inspiring Life will help you really focus on your specific issues and release the beliefs that are holding you back from achieving your goals. It will help you create a positive vision of what you really want and then help you focus your energy there. It will help you create an inspired plan to achieve your goals and follow through with each step. Each step of the program is very powerful in and of itself. In combination, *Your Inspiring Life* has great potential to really move things forward for you as you take each step, one at a time.

Remember, you have a purpose to fulfill in your life, like every other person. Your heart guides you to that purpose. You are meant to succeed at that which gives you joy and satisfaction in life. You are meant to live an inspiring life. Just take one step at a time and you will get there.

Who I Am

Since I'll be your guide on this wonderful journey, I'd like to give you a feeling for who I am. I have been studying and practicing methods of helping myself and others to discover the best within ourselves for over twenty years. My passion is to continually find ways to connect with that deepest part of ourselves where all well-being, wisdom, and inspiration spring forth.

I am a licensed therapist and I've worked for many years helping all different kinds of people to improve the circumstances of their lives and live in more well-being and self-acceptance.

I'm experienced in various counseling techniques including cognitive behavioral therapy, mindfulness training, clinical hypnotherapy, various meditative practices, and more. One of my favorites is called Emotional Freedom Techniques which is

a powerful healing method that I will go into detail about in a little while. In addition, I am always exploring and trying out different approaches to healing and realizing our potentials. In *Your Inspiring Life*, I have brought together a synthesis of the most powerful and effective techniques to healing and transformation. I am so grateful and happy to have this opportunity to share the best of what I have found with you now.

One of the Most Powerful Tools for Transformation:
Emotional Freedom Techniques

You will learn more about this amazing tool for personal growth as you go through *Your Inspiring Life*; for now, I'll just give you a quick overview of this fascinating new psychological technique called Emotional Freedom Techniques, or EFT. EFT is an extremely effective and easy method of releasing negative patterns, beliefs, and feelings in a relatively short time.

To use EFT, you will simply be tapping on specific acupressure points on your face and body as you think about something that normally would cause you to feel some kind of negative emotion. As you tap on these acupressure points, your energy begins to flow naturally again and you begin releasing your old patterns. As a result, a feeling of natural well-being and a new, more peaceful understanding begin to replace the negative emotions and beliefs. EFT truly is an invaluable tool on the road to experiencing a life of inspiration, confidence, and well-being. And you will be learning it very soon.

Motivation

Unfortunately, many of us buy self-improvement books and resources and never get around to actually using them. Too often, we let our fears get in the way of

making positive changes in our lives. We say to ourselves, *Well, I don't like the way my life is, but it's so hard to change, and besides I have so many other things I have to do right now…*

Please, don't let that happen to you with this program. I've made *Your Inspiring Life* as easy as possible to use so you can get past whatever resistance you might have to taking action. There's even a recording that addresses just that issue. But when it comes down to it, you have to make the commitment to just doing it, doing just a little bit every day, one step at a time. The way I've designed *Your Inspiring Life*, each small step will often take less time than it takes to check your email, and you will be taking positive action to really changing your life for the better. Plus, it feels really good when you do it.

I know there are other things that demand your attention and time in your life, but I promise you, if you take the time to follow *Your Inspiring Life* and to use its many resources, your life will change for the better. You will find yourself feeling much more centered and confident, you will be inspired to follow your heart, you will pursue your dreams with enthusiasm and joy, and you will connect with the source of unconditional well-being within you.

To keep yourself motivated to follow through with *Your Inspiring Life*, print out the following page and post it near your computer or somewhere that you'll see it and read it every day.

I choose to feel inspired in my life, starting NOW.

I'm going to discover and accomplish my most heartfelt goals. I'm going to create the life of my dreams.

I commit to following the Your Inspiring Life Program, step-by-step. It takes just a little time each day…
I can do that!

IF I DON'T Follow the Your Inspiring Life Program,
ten years from now, I could be in the same place I am now, except I'll just be ten years older, sadder, and more resigned to never making my dreams a reality.

IF I DO Follow the Your Inspiring Life Program,
so many wonderful things will happen to me…

I will feel inspired and confident in who I am.
I will succeed at my heartfelt dreams.
I will live a life of inspiration and happiness.
I will follow my heart and live with joy and passion.
I will wake up every day happy to be alive and happy to have another wonderful day to do what I love.

Now is the time.

I choose to follow my heart.
I choose to make my dreams come true.
I choose to live an inspiring life!

As you follow the *Your Inspiring Life Program*, you will want to have special *My Inspiring Life* file folders and/or a journal to keep all of your notes and ideas from *Your Inspiring Life* in one place. If you're using a journal, it's helpful to use one of those spiral bound notebooks that is divided into five sections for this course.

Label each folder or section in the following way:

- My Goals and Vision Statements
- My Game Plan
- My Issues for Clearing
- My Weekly Gratitude and Planning Sessions
- My Creative Inspirations

We will be going into each of these topics in depth as you proceed through the Program.

Your Commitment to Yourself

As your first action toward creating a life of well-being and inspiration, go to the first page of your Goals and Vision Statements section right now. On that page, I want you to copy down the following statement and then sign and date it. This is your contract with yourself to complete *Your Inspiring Life*.

My Commitment to Myself

I commit to following through with the steps of Your Inspiring Life. I invested in myself and my future by buying it and I am going to put it to good use. I am willing to believe that Your Inspiring Life really will help me to clear the old issues I've got about believing in myself and my path. I intend to develop a deep sense

of confidence in myself. I intend to create an inspiring personal vision for my future. I intend to succeed at my goals and enjoy the process every step of the way. I intend to feel inspired and confident as I create the life of my dreams. And so, I fully commit to completing each step of Your Inspiring Life now.

And now, sign it and date it.

Making the commitment to completing *Your Inspiring Life* is a powerful first step toward creating the life of your dreams. Congratulations!

The Quickest Way to Get Started

If you want to begin using *Your Inspiring Life* to clear general confidence issues first before you address a specific goal, you can begin by simply listening to the EFT recordings included in the *Your Inspiring Life Audio Journey Library*. As a first step, review *Chapter Twenty: EFT Quick Start Guide*, which introduces you to the EFT process including the key acupressure tapping points for the recordings. Then, listen first to recording *R1 FIRST Your Inspiring Life Recording* which walks you step-by-step through the EFT process while addressing some key confidence issues.

Once you are familiar with the EFT process, just follow along with the EFT recordings in order from R1 through R20 until you have gone through each of them at least once. As you follow along with each recording, it is likely that you will find that some of the issues resonate for you more deeply than others. Spend some extra time on these. As you go through the process of listening to each recording and tapping along, you will be releasing yourself from negative habits of thinking and feeling that you may not even be aware of. This simple but

powerful process will open you up to a deeper sense of inspiration and confidence in yourself and your path in life.

The rest of this book is structured to help you to create your own inspiring life as you focus on a specific goal that you would like to accomplish. I encourage you to read through this book at your own pace and really explore the many useful tools it has to offer. *Your Inspiring Life* is truly a comprehensive resource which will help you every step of the way to create the life of inspiration and success that you desire in your life.

You're about to take an important first step toward releasing the old patterns and beliefs that have been keeping you from what you really want. You are embarking on an exciting journey to creating a life of inspiration and fulfillment.

The next few chapters are designed to give you an overview of the resources in *Your Inspiring Life* and walk you through the basic steps you'll take to accomplish your goals. So, just go forward to the next page and we'll get you started on your journey of creating an inspiring life.

You are ready to *Begin It Now!*

CHAPTER TWO

Elements of Your Inspiring Life

In this chapter, I'm going to review the various elements of *Your Inspiring Life*, with suggestions for how to use each one. In the next chapter, we'll go over the steps of the program that utilize these resources.

Various EFT Tapping Recordings and Scripts

The recorded processes included in the *Your Inspiring Life Audio Journey Library* are generally around seven minutes long though some are shorter and some are longer. The twenty EFT-based tapping processes are designed to help you address global negative beliefs and negative past experiences that commonly cause people to feel inadequate and less confident than they would like. By listening to them regularly, you will be releasing yourself from these negative beliefs and patterns and you will free yourself to feel inspired as you succeed at your goals.

You can listen to those that correspond to your *Issues For Clearing List* that you will be creating in an upcoming step or simply listen to them in order from R1 through R20. You can also just look through the list of titles to see which issues resonate for you at the moment and then use those recordings to clear these issues away. Every time you listen to these recordings, you are releasing another layer of your mistaken beliefs and painful emotional patterns. The effect

of listening to these processes is cumulative; you'll begin to see a global improvement in your feelings of confidence and enthusiasm as you listen to them repeatedly.

Because these are general issues that are common to many people, it is likely that each of these issues will apply to you to some degree. Because of this, it would be helpful to go through all of them eventually. If you would like to follow along with the script of the recording as you listen, you will find the scripts for each process included in Part Three of this book.

Positive Affirmations

These two recordings are a compilation of affirmations from the various recorded tapping processes in the *Your Inspiring Life Audio Journey Library*. You can listen to these recordings anytime to use EFT to develop new positive beliefs to support you in increasing your feelings of confidence and succeeding at your goals. These are also useful processes to listen to when you are already feeling positive and don't have any specific issue or negative feeling to address in your daily Inspiring Life session.

Attracting your Vision Process

This process uses the power of visualization and affirmation to help you succeed at your goals. By imagining that you have already achieved your target goal and feeling the good feelings that go along with that, you are aligning your intention and energies with what you want to create. This is an important step in allowing your success to come to you and will help keep you motivated to take the steps to achieve your goals throughout *Your Inspiring Life*. This process is helpful to

listen to on a daily basis; if you have the time to do this, I would highly recommend it.

Guided Meditation Processes

These short but powerful guided meditations are wonderful to listen to on a daily basis as well. You can listen to them to help you start your day from a place of feeling centered, grounded, and peaceful. And you can listen to them at night to help you release the busy thoughts you may have and end the day in that peaceful place of centeredness and well-being. It takes less than ten minutes and it can make all the difference in the world.

The benefits of listening to these guided meditations will accumulate over time as you remind yourself on a regular basis of that place of unconditional well-being within you. There are two versions to give you some variety in this process. If you do the meditation process just before going to sleep, it will help to quiet your mind so you can sleep more peacefully. The same is true for the EFT tapping processes.

Connecting with Your Inner Guidance Process

You can use this process to help you connect with the source of wisdom that is within you. You can receive guidance and answers to any question that you may have through this process. It is helpful for clarifying what you want, accessing your inspiration, developing your Game Plan for achieving your goal, and dealing with roadblocks that come up along the way.

Clearing Painful Past Experiences Process

Specific painful memories can get triggered as you go through the various steps of *Your Inspiring Life*. You might be reminded of past experiences when you felt the pain of low self-confidence, giving up, or failure. You might remember painful experiences of judgment or humiliation that led you to feel inadequate or insecure. This EFT-based process will help you clear away the intensity around these memories and bring more compassion and understanding to them now. It is helpful to listen to this process at least once a week or whenever a painful memory emerges.

Gratitude and Celebration of Progress Process

So often, as we go forward toward our goals, we focus on how much farther we have to go and what we've done "wrong." This process is designed to deliberately teach you to acknowledge and appreciate every small and large step toward your goal as a success in and of itself. It gives you an opportunity to feel gratitude for yourself and for the support you receive along the way. Listen to it as part of your weekly Gratitude and Planning Session and any time you need a reminder that you're doing great.

Your Inspiring Life eBook

This book is designed so that you can get started and experience positive changes as quickly as possible. Chapters Two through Four are an abbreviated version of the whole book. By the time you finish working through these chapters, you will be well on your way to feeling inspired and confident as you make progress toward achieving a cherished goal.

The remaining chapters of this book serve as a resource guide for you. You can use this book however you like. You can read through the entire book, doing the exercises that address your needs, or you can just use the remaining chapters as a resource guide and refer to the information that you need as you need it. If you find you are having particular difficulty with a certain step, then go to the chapter that addresses that step for additional ideas and guidance. You can refer to the *Table of Contents* and the description of the Steps below to help you do that.

Now that you have an idea of the many resources that are included in *Your Inspiring Life*, let's move on to the steps you'll take to create the life you want.

CHAPTER THREE

The Steps of Your Inspiring Life

It this chapter, I will give you a quick overview of the steps of *Your Inspiring Life* that make use of the elements we reviewed in the last chapter so you can begin creating the life you want right away.

How to Use Your Inspiring Life

I encourage you to have an Inspiring Life Session on a daily basis, that is, a time set aside each day to work through the steps of *Your Inspiring Life*. This can be anywhere from about seven minutes to twenty minutes or more. The more time you spend on a daily basis, the more quickly you will see and feel positive changes happening in your life.

As I mentioned in the first chapter, you'll also want to have special folders and/or a notebook to keep all of *your Inspiring Life* notes in one place.

Quick Start Guide Through the Steps and Program Overview

In this section, we'll quickly review the key steps in *Your Inspiring Life* so you can get started as soon as possible. As I mentioned in the last chapter, the chapters in the rest of this book expand on each of these steps. You can refer to them for additional information and guidance whenever you like.

Step One: Identify Your Goal

To begin *Your Inspiring Life*, start by identifying the first goal you want to focus on achieving as you progress through the program. If you already know what you want to accomplish, that's wonderful. Complete the following exercise in your notebook and then go on to the next step. If you're not sure what to focus on, then go to *Chapter Five: Life Evaluation: Where You're Starting From* and *Chapter Six: Exploring and Clarifying What You Want to Create* where you'll find playful exercises and additional guidance to help you get clear about your first goal.

Exercise One: My Inspiring Goal

1. Write down what you want to focus on first in *Your Inspiring Life*. Phrase your goal in a way that feels really good to you. You want to feel inspired and enthusiastic as you think of accomplishing this goal.

2. Write down where you are starting from now with this goal. This gives you a baseline to compare to as you make progress.

3. Write down what you want to focus on in the following format or something similar: *I now choose to create…* or *I intend to…* For example, you might write: *I now choose to create an enjoyable, satisfying life as a successful, inspired writer.*

4. Describe how you will know you have achieved this goal, that is, your concrete evidence of accomplishment.

5. Write down your statement of commitment to this goal: *I now commit myself 100% to achieving this goal.*

6. Sign and date it.

You find more guidance about this step in *Chapter Seven: Defining and Committing to Your Goals.* If you feel some anxiety or any other issues coming up by committing to your goal in this way, sit tight. We'll be addressing those issues in the next step.

Quick Start Version of Step Two and Three

At this point, if you just want to get started releasing negative beliefs, begin by reading *Chapter Twenty: EFT Quick Start Guide* and then listen to the *R1 FIRST Your Inspiring Life Process* recording several times through. Then once you've done that, look through the list of recorded processes and listen to the ones that most resonate for you. Each day, listen to whichever recorded issue has some emotional charge for you first. State your goal out loud and then see which issue gets triggered. If there are none in particular for that day, then just go through and listen to whichever one is next on the list. On days when you are feeling particularly positive, just listen to one of the *Positive Affirmations* tapping processes instead.

If you want to skip the longer versions of Step Two and Three described below for now, you can move on to Step Four: *Create Your Inspiring Vision Statement.* At some point, however, I encourage you to complete the following steps to help you become more aware of the specific beliefs and feelings that are holding you back from living the life of inspiration and well-being you desire.

Step Two: Identify Your Yes-Buts

It's likely that there are a lot of negative feelings and issues that got activated even as you went through the exercise to state and commit to your goal above. These are what I like to call your *Yes-Buts*, those self-imposed limitations that have kept you from the inspiring life that you desire, as in: *YES, I want that goal, BUT I can't have it because…* In this step, you are going to write down all of these negative beliefs and feelings in order to clear them as you move through the steps of *Your Inspiring Life*. For more information and guidance about *Yes-Buts*, please go to *Chapter Eleven: Identify Your Limiting Beliefs: Your "Yes-Buts."*

As you proceed through the Program, new *Yes-Buts* will likely get activated. When they do, add them to your *Issues For Clearing List* and clear them away, one-by-one, using the guidelines provided at the end of this chapter. It will be helpful and encouraging to periodically look back at this initial list of *Yes-Buts* to see how much progress you have made in releasing these negative, limiting beliefs and feelings.

Steps to Complete Your List of Issues For Clearing

1. Print out the form on the next page. As you go through the exercise, you can print out more pages as you need them. You can also just copy this format into the *My Issues For Clearing* section of your My Inspiring Life folder or notebook if you prefer.

My List of Issues For Clearing *Date:*			
My Goal:			
P	Feeling	I/B	My Issues For Clearing

2. Next, write your goal statement at the top of the page. Now, read it out loud to yourself.

3. In the section entitled *My Issues For Clearing*, write down all your negative reactions, fears, and *Yes-Buts* to pursuing and achieving your goal. If you're feeling stuck on this step, please go to *Chapter Eleven: Identify Your Limiting Beliefs: Your "Yes-Buts"* for step-by-step guidance. *In your Issues For Clearing List,* ***please be sure to leave a space below each issue*** *so you have room for rating the feeling and intensity as you clear the issue later.*

4. Once your list is done, go through the list and write down the feeling that the issue brings up in the feeling column. If there is no feeling per se, then just write in this column: *Belief* to indicate that this is still a belief that is influencing you.

5. Next, give this issue an intensity rating of 1 to 10 with one being the lowest level of intensity for you and ten being the highest. If it is a belief, rate how much you believe the statement, one being not at all and ten being completely. Write down in the ***I/B*** column your Intensity/Belief Rating for this issue.

6. Starting with the issue with the highest intensity rating, prioritize your list of issues by numbering them in the *P* column. That is, the issues that create the most intense reaction in you should be addressed first and then go down the line with the least intense issue being numbered last. If you have several with the same rating, then just prioritize them in the order that you wrote them down. Now you know where to start tapping with the EFT processes.

Step Three: Begin Tapping on Your Yes-Buts

See the *Clearing the Roadblocks* section below for how to do this. Continue tapping on these issues and any new ones that arise as you go through every step of *Your Inspiring Life*. Any time you find you are feeling anxiety or any other negative emotion, this is a strong indication that it's time to focus on clearing some issues now. If you have a negative experience or feeling, you can see it as a gift from your deepest self to help you see what you need to clear in order to feel inspired and succeed at your goal.

Step Four: Create Your Inspiring Vision Statement

Write a description of the perfect outcome, the perfect way you would like to succeed at your goal. Include positive feelings in your description, how wonderful you'll feel once you've accomplished your goal. Write your vision statement in the present tense, as if you have already accomplished your goal. Also include a description of how you will know you have achieved this goal, that is, the concrete evidence of accomplishment. I recommend you review *Chapter Nine: Create and Energize Your Inspiring Vision,* which includes many specific suggestions for creating this Vision Statement. *Remember, you want your Vision Statement to be something that inspires you.*

Step Five: Energize Your Inspiring Vision

Read your Vision Statement out loud and listen to the *Attracting Your Vision Process* for doing this, ideally on a daily basis. See *Chapter Eight: The Secret to Creating What You Want: The Law of Attraction, EFT & the Philosophical*

Foundations of Your Inspiring Life and *Chapter Nine: Create and Energize Your Inspiring Vision* for more information about this step.

Step Six: Connect with Your Inner Wisdom and Unconditional Well-being

As I discuss in more detail in *Chapter 24: Guided Meditation and Well-being: Finding Your Center*, the foundation of true inspiration and self-confidence is knowing that your well-being is unconditional and is always within you. I encourage you to regularly listen to the two Guided Meditation recordings R26 and R27 to help you connect with the source of unconditional well-being within you. As you tap on issues throughout *Your Inspiring Life*, you will find your natural well-being resurfacing as well. Also, as you feel the need for it, you can use the recording R22 *Connecting With Your Inner Guidance* and the information in *Chapter 14: Receiving Guidance and Inspiration to Help You Achieve Your Goal* to help guide you throughout the program.

Step Seven: Create a Game Plan for Achieving Your Goal, Step-by-Step

Develop a Game Plan for how to achieve your goal. What specific steps do you need to take to achieve this goal? As you develop your Game Plan, note any anxiety or other feelings or issues that come up and add them to your *Issues For Clearing List* to address later on. Once you do this, continue on with developing your Game Plan. It's OK if you only have a clear idea of how to do the first few steps; that's enough for now. The next steps will become clear as you complete these first steps and clear the negative beliefs and feelings that arise in the process.

If you need help with this step, go to *Chapter Ten: Developing Your Game Plan* and *Chapter Fourteen: Receiving Guidance and Inspiration to Help You Achieve*

Your Goal. You can also listen to the recording R22 *Connecting with Your Inner Guidance* to help you clarify the steps to take to achieve your goal.

Step Eight: Begin Taking Action Toward Your Inspiring Goal

Start with step one of your Game Plan and move through each step, one by one. Each step you take toward your goal can bring up new issues to clear. *Chapter Fifteen: Tap on Any Fears About Taking Action* and the recorded process R12 *Fear of Taking Action* are often helpful at this step. See *Chapter Sixteen: Taking Inspired Action* for more information about this step as well.

Step Nine: Review and Celebrate Your Progress Toward Your Goal, Internal and External

I recommend that you have a Gratitude and Planning Session on a weekly basis to help you do this. This is a nice way to start your week and it will help keep you motivated and enthusiastic about achieving your goal. For step-by-step guidance about this process, go to *Chapter Seventeen: Your Weekly Gratitude and Planning Session*.

Step Ten: Continue Cycling Through These Steps Until You Have Reached Your Inspired Goal

Update each step as needed. For example, your Vision Statement or your Game Plan may evolve as you go through the Program. Continue tapping on your Yes-Buts as they come up. See *Chapter Eighteen: Cycle Through These Steps to Success* for more on this process. The next chapter will give you a suggested schedule to keep you moving through each step of the Program.

The Final Step: Once You Achieve Your Inspired Goal, Celebrate!

Do something wonderful for yourself to acknowledge your success. And then, when you are ready, choose another goal, starting with step one, and move through the process again to create even more inspired success in another area of your life.

And it just keeps getting better and better. As you achieve your goal, you are not only accomplishing something important to you, you have also cleared away the limiting beliefs and ideas that have held you back up to this point. This will free you in every area of your life to live in more self-confidence, self-acceptance, inspiration, and well-being, no matter what happens in your life. And this is the key to living an inspiring life.

Clearing The Roadblocks

As I mentioned before, in *Your Inspiring Life* we'll be using the powerful tool of EFT to release you from your limiting beliefs and negative feelings. Again, this process involves tapping on a series of acupressure points while you think about an issue that has a negative charge for you. For more information about this process, please see *Chapter Nineteen: What Is EFT? An Amazing Tool for Transformation* and *Chapter Twenty: The EFT Quick Start Guide.*

The Recordings

Before you begin using the recordings, you'll need a quick orientation about how to do the EFT tapping process. For this, please first review the *EFT Quick Start Guide* in Chapter Twenty.

Throughout each step of *Your Inspiring Life*, follow the recordings that resonate for you most and/or best match the issues in your *Issues For Clearing List*. Before you begin listening to each recording, think about how this issue applies to you specifically. How does this issue manifest in your own life? Then, once you feel a personal connection to the issue, use EFT to tap through each one until you get the intensity rating down to a one or a zero.

It's definitely worth it to clear each issue completely. It will bring you into a whole new state of being around whatever issue you are addressing. For more information about using the recorded processes, please see *Chapter Twenty-One: Following the Recorded Tapping Processes*. The scripts of each of these processes are included in Part Three of this book so you have the option of tapping along with the written script while you listen to the recordings or you can simply follow the scripts separately at your own pace if you prefer.

The Self-Guided Written Scripts

Once you have gone through the recordings that resonate for you and you are now familiar with the tapping process, go through the list of self-tapping issues in chapter *Twenty-Two: Scripts for Self-Guided Tapping*. Again, choose the ones that most resonate for you and/or match your issues in your *Issues For Clearing List*. Tap on each of these following the standard EFT procedure which is again summarized in that chapter.

Self-Created Tapping

Once you have tapped on all of the relevant recordings and scripts, you're ready to move on to address any remaining issues that are unique to you and your situation. Go back over your initial *Issues For Clearing List* and see which ones still need to be addressed. Check your intensity rating for each of them again. It's likely that many of them have already reduced in intensity, even if they have not been addressed directly. If there are some that still need to be cleared and have not been addressed by the recordings or scripts in this book, then follow the instructions in *Chapter Twenty-Three: Instructions for Creating Your Own Tapping Processes* to clear these away.

Note: If you find yourself feeling particularly happy and open on some days and don't want to focus on the negative issues tapping, then just listen to one of the *Positive Affirmations* recorded tapping processes which will help instill in you a wonderful set of new beliefs related to confidence, inspiration, and success.

Do It Your Way

As you can see, you have a variety of choices about how to use *Your Inspiring Life*. All of them will help you create an inspiring life for yourself. So, let your heart guide you.

You can follow each step in this book and be guided through the whole process as you focus on a specific goal you want to accomplish. Or, you can just start by listening to the recordings that resonate for you based on how you're feeling in that particular moment. What issues are coming up for you? You can let that be your guide. In this way, you can work on clearing any specific confidence issues before you begin working on a specific goal. Again, to do this, look through the

list of processes and choose the one that resonates most deeply for you in that moment. Then, using that recording, tap on the issue until you feel clear and centered about it. When you are ready to focus on a specific goal, then you can proceed through the steps described in this book.

You will get there at the perfect time and in the perfect way. No matter which path you take, all roads lead to the same destination: a life of well-being, inspiration, and fulfillment as you achieve your heartfelt goals. As long as you keep walking, you'll get there.

In the next chapter, we'll go over a suggested routine for you to use in the first week of *Your Inspiring Life* and a routine to follow in the subsequent weeks.

CHAPTER FOUR

Suggested Routine for Following Your Inspiring Life

In this chapter, I will give you a suggested routine for following *Your Inspiring Life* that will usually take you no more than twenty or thirty minutes a day to complete. It is well worth it to follow this routine if you can. You will be building positive momentum toward greater well-being and you will achieve your goals more rapidly. Plus, you will feel more centered and peaceful after each session. As I've said before, you can also do as little as seven minutes a day and still be making progress. At the end of the chapter, I'll give some suggestions about how to adjust this routine if you want to devote more or less time to *Your Inspiring Life* each day.

Suggested Routines for the First Week and Beyond

On the following pages, you will find a suggested routine for you to follow for the first week of *Your Inspiring Life* and then for your regular daily routine after that. If you like, you can print out these pages for easy reference.

By the way, this guide walks you through a more accelerated first week than the free *30-Day Your Inspiring Life Email Companion Course*. If you have not yet signed up to receive that course via email and you would like to, just email me at Laura@YourInspiringLife.com and I'll make sure you get it.

Suggested Routine for the First Week of Your Inspiring Life

Day One – Week One

- Set Your First Inspiring Goal.
- State your goal statement to yourself out loud.
- Read through *Chapter Twenty: EFT Quick Start Guide*.
- Listen to the first tapping process entitled *FIRST Your Inspiring Life Process* several times through if needed to get your intensity rating down to a one or zero. Listen to more of these recorded processes if you have the time or inclination.
- To end, listen to the R23 *Positive Affirmations One* recording and tap along with it.

Day Two – Week One

- State your goal statement to yourself out loud. As you do, listen for the negative reactions to stating your goal. One of your objectives as you go through *Your Inspiring Life* is to be able to state your goal with enthusiasm and no resistance. This opens the door within you to allow inspiration and synchronicities to guide and support you on your path.
- Start compiling your *Issues For Clearing List*. Write down any issues that come up when you state your goal on your *Issues For Clearing List*.
- Use EFT to bring the top issue on your *Issues For Clearing List* to a zero or one rating using the recording that best matches that issue. Do more if you have the time or inclination.
- To end, listen to the R24 *Positive Affirmations Two* recording and tap along.

Day Three – Week One

- Start by reading your Goal Statement out loud.
- Create Your Inspiring Vision Statement. See *Chapter Nine: Create and Energize Your Inspiring Vision* for guidance.

- Tap on another issue to zero/one using the recording that best matches that issue. Do more if you have the time or inclination.
- End the session by reading your Inspiring Vision Statement out loud to yourself and then listening to the R21 *Attracting Your Vision* recording.
- Listen to R26 *Guided Meditation One*.

Day Four – Week One

- Start by reading your Goal Statement out loud.
- Begin writing Your Game Plan. If you need help with this, go to *Chapter Ten: Developing Your Game Plan.* For additional guidance, you can also listen to the R22 *Connecting with Your Inner Guidance* recorded process and/or follow the exercises in *Chapter Fourteen: Receiving Guidance and Inspiration to Help You Achieve Your Goal*.
- Tap on whatever issue or issues are most activated by doing this process using the appropriate recorded process.
- Read your Inspiring Vision Statement out loud to yourself and then listen to the R21 *Attracting Your Vision* recording.
- Listen to R27 *Guided Meditation Two*.

Day Five – Week One

- Start by reading your Goal Statement out loud.
- Affirm that you will now take action number one according to your Game Plan.
- Tap on any issues that get activated by this. The recorded R12 *Fear of Taking Action* process is often helpful at this step.
- Read your Inspiring Vision Statement out loud to yourself and then listen to the R21 *Attracting Your Vision* recording.
- Listen to one of the *Guided Meditation* processes.

Day Six – Week One

- Start by reading your Goal Statement out loud.
- Use the R20 *Clearing Painful Past Experiences* recording to tap on a painful memory related to feeling low self-confidence, giving up, or failure.
- Read your Inspiring Vision Statement out loud to yourself and then listen to the R21 *Attracting Your Vision* recording.
- Listen to a *Guided Meditation* process of your choice.

Day Seven – Week One

- This is your *Gratitude and Planning Session* day.
- Begin by reading your goal statement out loud.
- Then follow the instructions in *Chapter Seventeen: Your Weekly Gratitude and Planning Session*.
- Celebrate your progress. If you've followed the steps up to this point, you're doing great!
- End by listening to the R25 *Gratitude and Celebration of Progress* recording.

And this brings us to the end of your first week. As you go through these first steps, you will really feel positive changes happening inside you. In practice, you can spread these activities out over more time if you need to. Just do what feels right for you.

After this first week, here's a suggested general routine for the rest of *Your Inspiring Life*.

Suggested Ongoing Daily Routine

1. AFFIRM: *State Your Goal Statement and Next Action To Take*

Begin by reading your Goal Statement and then state your intention to take the next action in your Game Plan, naming the action specifically. To keep your energy open, you can tap on the sequence of EFT points as you do.

2. CLEAR: *Tap on Your Issues For Clearing*

The affirmation step above will often activate your issues so you can clear them. Using a recording, script, or self-created process, tap on an issue that is currently active for you or the next issue on your *Issues For Clearing List*. Get this issue down to a one or zero rating. Clear more of your issues if you have the time or inclination. At least once a week, use the R20 *Clearing Painful Past Experiences* recording to heal and release a painful memory related to feeling low self-confidence, giving up, or failure.

3. ENVISION: *Follow the Visioning Process*

Read your Inspiring Vision Statement out loud to yourself and then listen to the R21 *Attracting Your Vision* recording.

4. CENTER: *Listen to a Guided Meditation*

Listen to one of the Guided Meditation Process recordings. Although the task-oriented part of you may not think so, this is an important part of *Your Inspiring Life*. This process will help you remember from the deepest part of your being that you are perfect just the way you are. It will help you know you are connected with the eternal, endless Source, the ocean of love and energy that you are a part of like a drop of water in the ocean. It will remind you that your well-being is unconditional and comes from within. When you can feel yourself in this state, everything you do becomes easier and more enjoyable.

5. ACT: *Take Inspired Action*

At some point in your day, take one action from your Game Plan to bring you closer to your goal. Even small steps are significant and get you closer to success. If you're having difficulty doing this, tap on it! ☺ Listen to the R12 *Fear of Taking Action* recorded process to help with this. Often, when we get ready to take action, our issues get activated. When they do, tap them away before taking action. Not only will you be able to feel the positive shift in emotions more dramatically, this will help you do each task with more peace and centeredness and your actions will be more effective, enjoyable, and inspiring.

To summarize, you will: **Affirm, Clear, Envision, Center, and Act**. Not counting the external action you take toward your goal in Step Five, the above steps should take about twenty minutes to complete. And you will feel wonderful at the end of it, refreshed and revitalized and ready to move forward toward your inspiring goal. Do this for twenty-one days, and you will have developed a positive, powerful, life-changing habit.

Once a Week Ongoing: Gratitude and Planning Session
Every Sunday or at the Beginning of Your Week

This is your *Gratitude and Planning Session* day. Begin by reading your goal statement out loud. Then follow the instructions in *Chapter Seventeen: Your Weekly Gratitude and Planning Session* which include the following:

1. Acknowledge and celebrate your progress.
2. Create your Game Plan for the coming week: Internal and External objectives.
3. End by listening to the R25 *Gratitude and Celebration of Progress* recording.

Cycle through this routine each week. Remember, this is just a suggested guideline. Each person is unique, so follow *Your Inspiring Life* in whatever way works best for you. If you have more or less time to devote to creating your inspiring life, then adjust the program accordingly.

If You Have More Time

The more time you devote to *Your Inspiring Life*, the faster your progress will be and the easier it will be to maintain your momentum. If you have more time, tap on more issues, one by one until you get them to zero. Spend more time with your Visioning and Guided Meditation processes. State your goal out loud several times a day and tap the EFT points as you do to reinforce your intention to succeed.

If You Have Less Time

If you have less time, then just break down the above steps over several days. *Do what you can*, knowing that every step, no matter how small, brings you closer to your goal. You can still make significant progress by devoting five to ten minutes a few times a week to *Your Inspiring Life*. Start at the level that feels comfortable to you.

Even if you need to take a break from more intensive work, you can break down the suggested schedule to just do a few minutes a day to take it easy for a while. Honor what you feel. It's nice to do at least a few minutes a day to help keep yourself moving forward toward your goal. In addition to these few minutes devoted to your internal progress, ideally you will take the time to take the concrete steps you outlined for the week in you Weekly Gratitude and Planning

Session. Just do what you can and remember that even small steps move you forward toward your goal.

Find a Rhythm that Suits You

Although I think you'll want to take full advantage of all the resources *Your Inspiring Life* has to offer you, you don't want to get overwhelmed. So just do whatever your schedule and energy allows. You'll soon find a rhythm that suits you. The key is to keep moving forward, one step at a time, toward your goal. And in the process, you will be releasing negative beliefs and old patterns that affect your whole life. You'll find that you're feeling more satisfied, enthusiastic, and inspired about your life in general.

Twenty-One Days to Transformation

Psychologists tells us that it takes twenty-one days to develop a desired habit. Because this is a relatively short period of time, we can usually convince ourselves to make a commitment to twenty-one days of regular effort, particularly when the result is something we really want.

You know that deep in your heart, you really want to overcome the internal barriers that have kept you from pursuing your heartfelt dreams up to this point in your life. You know you really want to feel inspired and go for that goal that you've dreamed of accomplishing for so long. And so, I encourage you to really commit to following *Your Inspiring Life* for twenty-one days. As you do, you will be taking a huge step forward to becoming truly confident and achieving your goals.

It's also often helpful to have a date to work toward, kind of a self-imposed deadline to keep you moving forward. To that end, I encourage you to note on your calendar twenty-one days from the day that you start *Your Inspiring Life* and write *Day Twenty-One* on that day. Each day that you follow the Program, mark the calendar with a star. Then, on your twenty-first day of *Your Inspiring Life*, take a step back and look at your progress as a whole. Acknowledge the progress you have made toward your goal and your original *Issues For Clearing List*. Review all your progress and successes, small and large, internal and external.

It is possible for you to achieve a shorter-term goal in this twenty-one day period. If you do, that's wonderful! If your goal is a larger one and you haven't yet accomplished it after this first twenty-one days, you will still have made significant progress toward it inside and out. For example, if writing a novel is your goal, this will probably take more than twenty-one days. But actually developing the habit of writing for twenty-one days and clearing *all* those negative voices is a huge accomplishment.

No matter what your progress, at the end of this twenty-one day period, do something wonderful for yourself. You will have made it to the twenty-one day milestone. You will have established a positive pattern of focusing on what you want with enthusiasm, clearing resistances, and connecting with the unconditional well-being within you. You will have made progress toward living an inspiring life and achieving a goal that really matters to you. When you get there, honor your progress and celebrate what you've accomplished.

Once you've completed your first twenty-one day cycle and you've seen the progress that you've made already, you can go forward from there. Mark on your calendar again: *Day Twenty-One.* And continue following *Your Inspiring Life* day-by-day, moving forward toward your dreams.

In these first few chapters, I have summarized the whole *Your Inspiring Life Program* for you so you can get started right away.

As I mentioned before, the rest of the book serves as a resource guide for you to help you move through each of these steps successfully. In the next chapter, we will go over a process to help you look at all areas of your life and see where you might want to focus your attention for your first inspiring goal.

CHAPTER FIVE

Life Evaluation: Where You're Starting From

One of the first steps to discovering a goal that inspires you is to identify where you are starting from right now. The following Life Evaluation process will help you tailor *Your Inspiring Life* to your unique needs, as we shall see in the next step. When you are not sure of what goal you want to focus on in *Your Inspiring Life*, this process will help you narrow things down and prioritize. Although this process is not essential if you already have a goal in mind, it is still a helpful process for looking at the big picture of your life. Feel free to go ahead and do this step even if you already have a clear goal in mind that you want to focus on.

The resulting list will also be helpful because often we forget, particularly with energy interventions such as EFT, where we started from. The new, balanced state we find ourselves in feels so natural that we forget we were not always here. Also, when new issues arise to be cleared along the path, we may feel like we haven't accomplished anything. That's why it's nice to write out where you're starting from. When you need a reminder of what you've accomplished, you can look back at this list and feel good about the progress you have already made.

This life review process also reminds you that there *are* things you *do* like about your life, even now. It's always encouraging and re-balancing to appreciate the good things in your life. That's part of why gratitude and appreciation for your progress are important elements of *Your Inspiring Life* as well.

A Note About the Negative Thoughts That May Come Up for You

As you complete the following lists, if there are any negative thoughts that come up, add them to your *Issues For Clearing List* in your *Inspiring Life* Journal or folder. These negative thoughts give you very useful information about issues you will want to clear to help you gain greater confidence and well-being in your life.

To begin the Life Evaluation process, complete the following exercise.

Exercise 1: Your Life Evaluation

Use the Worksheet on the following pages to describe your current life. To make things easier, I've broken this Worksheet down into the following categories: career, relationships, social life, money and prosperity, time, physical health, emotional health, and spiritual health. Feel free to add more categories if you think of some that apply to your particular life. In your answers:

1. List what you do like about your life. For example, in the various categories, you might write: *I like my car. I can pay my bills. I have a good relationship with my daughter.*

2. List what you don't like about your life. For example, you might write: *I'm working just for the money. I'm uninspired and I feel hopeless. I'm afraid to change. I have $10,000 in credit card debt.*

3. List what you want: For example, you might write: *I want to be inspired and happy. I want to have a creative job that I love that pays well. I want to be debt-free.*

LIFE EVALUATION WORKSHEET: Where I'm Starting From

Print out and complete this exercise. Add another sheet or use the back of the page if you need more space. If you prefer, you can just copy this format into the Goals and Vision Statements section of your *Inspiring Life* Journal.

CAREER

1. What I like:

_____
_____
_____
_____
_____

2. What I don't like:

_____
_____
_____
_____
_____

3. What I want:

_____
_____
_____
_____
_____

RELATIONSHIPS: SIGNIFICANT OTHER and FAMILY

1. What I like:

_____

_____

_____

_____

_____

2. What I don't like:

_____

_____

_____

_____

_____

3. What I want:

_____

_____

_____

_____

_____

RELATIONSHIPS: FRIENDS and SOCIAL LIFE

1. What I like:

_____

_____

_____

_____

_____

2. What I don't like:

_____

_____

_____

_____

_____

3. What I want:

_____

_____

_____

_____

_____

MONEY AND PROSPERITY

1. What I like:

_____

_____

_____

_____

_____

2. What I don't like:

_____

_____

_____

_____

_____

3. What I want:

_____

_____

_____

_____

_____

TIME

1. What I like:

_____
_____
_____
_____
_____

2. What I don't like:

_____
_____
_____
_____
_____

3. What I want:

_____
_____
_____
_____
_____

PHYSICAL HEALTH and VITALITY

1. What I like:

_____

_____

_____

_____

_____

2. What I don't like:

_____

_____

_____

_____

_____

3. What I want:

_____

_____

_____

_____

_____

EMOTIONAL WELL-BEING: HOW I FEEL

1. What I like:

_____

_____

_____

_____

_____

2. What I don't like:

_____

_____

_____

_____

_____

3. What I want:

_____

_____

_____

_____

_____

SPIRITUAL WELL-BEING

However you define this. Perhaps this might be having a sense of meaning and feeling aligned with your purpose. It might be feeling connected with your spiritual self and a deeper truth.

1. What I like:

_____
_____
_____
_____
_____

2. What I don't like:

_____
_____
_____
_____
_____

3. What I want:

_____
_____
_____
_____
_____

And you're done. You now have more clarity about what you like, what you don't like, and what you want in every major area of your life.

If you're feeling a little overwhelmed by the list of everything you don't like, take heart. By completing this Life Evaluation, you've taken the first step toward changing those things for the better. You're doing great.

So, now that you've got your bearings and you know where you're starting from, let's start following this treasure map toward the inspiring life you want to create by defining your goals.

CHAPTER SIX

Exploring and Clarifying What You Want To Create

The next step to living an inspiring life is getting clear about what you want to create. If you are already sure of the goal or goals you want to focus on in *Your Inspiring Life*, feel free to move on to the next step. You can always come back and work through these exercises as needed later on. However, even if you already have some specific goals you want to accomplish, you might want to review your answers to some or all of the following exercises anyway to confirm that your goals resonate with your heart. In *Your Inspiring Life*, the overall goal is to love and release your fears, but follow the inspiration of your heart. This chapter is going show you how to hear what your heart is telling you.

For those of you who are not quite sure what you want to create, the following exercises will help you gain a new level of clarity. Often, when you're stuck in a deep state of self-doubt and uncertainty, it's hard to even know what you want. These exercises will walk you through the process so you can find that out. You can use one or all of these exercises but I'd encourage you to explore all of them at some point. They will all help you clarify what you truly want, what your heart is guiding you toward.

Let your imagination guide you in these processes. Play and have fun and see where your heart leads you. Remember, these exercises are just a fun way to

explore and there's no right or wrong way to do any of them. Whatever answers come up for you are just perfect.

For the Negative Thoughts and Voices

Remember, don't worry about the *Yes-Buts* that probably will come up as you do these exercises, that is, the voices that tell you why you can't have what you want. Write them down on the *Issues For Clearing List* in your *Inspiring Life* Journal and then continue on with the exercises. As I said before, these thoughts provide you with useful information about issues you will want to clear to help you gain greater confidence and well-being in your life. We'll take care of those annoying negative voices soon.

Exercise 1: Discovering What Gives You Joy

What brings a smile to your face when you think about it? Even if it's just a fleeting feeling, write it down. The Yes-But Monster might squash it quickly, telling you why it's impossible, but honor the fleeting feeling and write it down anyway.

To help you explore what you want to create, answer the following questions. Write down each question in your *Inspiring Life* Journal and then write whatever comes to mind.

1. What sounds fun to you? What do you like to do?

2. What do you love to do or did you love to do in the past?

3. When do you feel most alive now? When did you feel most alive in your life?

4. What gives you the most satisfaction in life?

5. Think back to a time when you were feeling more happy and fulfilled in your life. What were you doing that made you feel so good?

6. What fills you with joy? What makes your heart sing and brings a smile to your face when you think about it?

7. What have you always wanted to do but perhaps are afraid to pursue?

8. When you go to a bookstore, what section do you gravitate toward? What really interests you?

9. What would you do if you knew you could not fail?

10. Who do you admire and why? What aspects of them and their lives would you like to see in your own life and self?

Answering these question will give you important clues to help you see what you truly want.

Exercise 2: Defining the Essence

Make a list of the *essence* of what you want to bring into your life. That is, without getting into specific details, what overall feelings or states of being do you want to feel? For example, you might write: *freedom, confidence, happiness, satisfaction, joy, true friendship, creative inspiration, strength, abundance,*

gratitude, a feeling of accomplishment, vitality, connection, beauty, a sense of meaning and purpose, etc.

How many times have you heard of someone who got what they thought they wanted but it didn't end up satisfying them? By focusing on the essence of what you want to create, you will be aligning your energies with an inspiring vision of succeeding at your goals in a way that will fulfill and satisfy you at a deep level.

Exercise 3: What You Don't Want Shows You What You Do Want

Essentially, in this exercise, we're going to focus on what you *don't* want to help you clarify and focus on what you *do* want.

You've actually already started this process by completing the *What I Don't Like* sections of the Life Evaluation exercise from the last chapter. To use this list to discover what you *do* want, refer to your list of things you don't like about your life from that Life Evaluation exercise. Your job in this exercise is to turn each thing you don't like around and phrase them into a positive goal. For example, if you wrote *I don't like my job*, then you would turn that around to a positive desire by stating *I want a job I enjoy.* You want these goals to focus on what you *want*, not what you don't want. So, I recommend that you do not construct a goal like this: *I don't want to have to work there anymore.* You want your attention and energy to be focused on the positive thing you want to create, not the negative thing you want to leave behind. We'll get into this more later when we discuss the Law of Attraction in Chapter Eight.

You're also free to list ways you would like to make the things you do like about your life even better.

Exercise 4: Listening to Your Heart

The following exercise may seem silly, but it can often produce surprising and helpful information. Let yourself play with this exercise a bit and see where it leads you.

In your *Inspiring Life* Journal, you are going to use your imagination to have a conversation with your heart. Start by writing *Me*, a colon, and then your question. As an example, you might write: *Me: So, what should I do with my life, Heart?* Then, get quiet and just imagine what your heart might answer. For example, you might then write: *My Heart: I just want to be happy.* And continue the dialog, asking your heart for clarity and guidance and see where it takes you.

If you are having difficulty hearing what your heart says, just let yourself really pretend you can hear it and imagine what it says. Be playful and have fun with this. From this playful, imaginative place within you, often great pearls of wisdom will be revealed.

Exercise 5: Listening to Your Inner Child

Just like you did for your heart, ask your Inner Child what he or she wants. Let yourself play with the dialog that emerges. There's no wrong way to do this. Sometimes, your Inner Child may be playful, sometimes he or she might be sad, sometimes angry. Just keep exploring deeper and deeper, bringing the light of your awareness into this aspect of yourself, and eventually you'll find the gems at the back of the dark cave where your hidden inner child lives.

Audio Process: Connecting with Your Inner Guidance

For additional clarity on what you want to create, listen to Recording R22 for *Connecting with Your Inner Guidance*. Set your intention at the beginning before you start the recording to *get additional clarity about what you want to create in your life*. If you have any difficulty receiving guidance in this process, then just listen to the recorded tapping process R14 for *Difficulty Hearing and Following Your Inner Guidance* or follow the script for the same in Part Three of this book.

The Next Step

Once you've completed this exploration into what you really want, it's time to move on to creating some inspiring goals based on your answers. Let's go on to the next chapter and take this next step.

CHAPTER SEVEN

Defining and Committing to Your Inspiring Goals

Putting It All Together

This chapter will help you clearly define the goal or goals you intend to focus on in *Your Inspiring Life*. In the Goals and Vision Statements section of your *Inspiring Life* Journal or folder, create a list entitled *My Inspiring Goals*. Starting from your own list and/or the answers to the exercises you just completed, make a list of what you want to create in your life.

As I said, include goals based on the insights and information you discovered in the above exercises. For example, if you discovered that you feel really good when you are painting, then you can make one of your goals: *I want to feel the joy of painting more* or even *I want to become a professional artist.* Let your heart guide you as you write your goals.

If you have a number of different goals that affect many areas of your life, then you can organize them into categories: career, relationships, social life, money, time, physical health, emotional health, spiritual health, etc.

Remember: don't let your *Yes-Buts* keep you from writing down the goals you want to achieve. Just add any negative judgments that come up to your *Issues For Clearing* list and keep writing down your goals.

Prioritize Your Goals

Now, prioritize these goals according to the ones you want to create first. Just put a number next to each of them starting with the one that you want to focus on right now and move on to the next step. Again, let your heart guide you in this process; choose the goal that you would like to achieve the most and start with that as goal number one.

Step Three: State Your First Inspiring Goal and Commit to It

We're going to start with your Goal Number One. In your *Inspiring Life* Journal or folder, write your first goal down in big letters starting with the phrase *I now intend to create…* and underline it. Phrase your goal in a way that feels really inspiring to you. For example, you might write:

Goal Number One:
I now intend to create a life where I am a
happy, successful, professional artist!

Now, describe how you will know in concrete terms that you have achieved this goal. For example, you might write:

I will know I have achieved this goal when I have my
work in a gallery and I sell a painting for at least $500.

Then write: ***I am 100% committed to achieving this goal!***

Now, sign and date it at the bottom. This is your agreement with yourself to achieve your most important goal. Now, isn't that exciting and inspiring?

You may find that the phrasing of your goal will evolve over time. Just begin with what you have written here right now. As you go through *Your Inspiring Life* and repeat your goal to yourself on a regular basis, your intuition may guide you to a new phrasing of your goal that feels even better to you.

We're going to focus on one goal at a time with *Your Inspiring Life* so you'll be able to focus your energies like a laser beam on one thing at a time that you really want to create.

Of course, if you are really drawn to more than one goal at a time, that's fine too. As I've said before, please use *Your Inspiring Life* in whatever way works best for you. We're all unique and have our own preferred ways of doing things. However, if you begin to feel a bit pulled in too many directions, I'd recommend that you come back and choose one goal to focus on at a time. It's easier to really feel like you're making progress that way as well.

Continue to update and refine this list of goals as you go through the Program. Over time, you'll achieve goals or perhaps you'll realize you really want something different. Allow that process to unfold. You can use the recorded process R22 for *Connecting With Your Inner Guidance* to help you in refining your goals as well. This fine-tuning of your goals is all a part of moving toward inspiration and well-being in every area of your life.

In the next chapter, we'll explore the key to effectively using the Law of Attraction to help you achieve your goal.

CHAPTER EIGHT

The Secret to Creating What You Want: The Law of Attraction, EFT, & the Philosophical Foundations of Your Inspiring Life

In this chapter, we will be looking at some ideas that I have found to be useful on this wonderful journey of creating lives of inspiration and well-being. Some of these ideas and concepts may seem a bit unusual to begin with, but I encourage you to consider them. My purpose in including this information is to share my perspective about how the steps of *Your Inspiring Life* will help you create the life of your dreams.

If these ideas don't resonate for you, that's fine; you don't need to believe them to benefit from following *Your Inspiring Life*. All you need to remember is that when you are focused on a goal and you've cleared your emotional resistance to achieving it, you're much more able to succeed because you take action appropriately toward your goal. Just take that idea with you and move forward.

Let me just remind you to follow your heart. Take what you like from this chapter and leave the rest. Your own truth will ultimately guide you. So, with that said, let's explore my understanding of what we are doing in *Your Inspiring Life*.

The Law of Attraction

Many spiritual teachings tell us that there is an immutable law of the Universe known as the Law of Attraction. The word *law* is used to convey the idea that the Law of Attraction is a natural law, like the law of gravity and that it's working in your life whether you believe in it or not, just like gravity. In simple terms, this law states that *like attracts like*. That is:

What you think about and focus your attention on, particularly with repetition and emotion, is what you attract into your life.

So, according to the Law of Attraction, everything in our lives is here because these are the things that we have focused out attention on. These experiences are what we believe and expect reality to be. We look around us as say, "Well, that's just the way things are." In most cases, we've taken on the ideas we learned as a child from our families and our culture and these ideas have attracted more of the same into our reality. We have not been consciously creating our experience up to this point. However, by gaining an understanding of the Law of Attraction, we can begin being conscious creators now.

The first time you are exposed to this idea of the Law of Attraction, it may sound radical and hard to believe. But then, as you begin to consider it, you may begin to see that it is possible that your life really does reflect what you believe and what you focus your attention on. That's the first step.

What You Focus on Manifests

Many spiritual teachers talk about the Law of Attraction, as you may know. As the popular film *The Secret* affirms, the Law of Attraction truly seems to be the secret to creating the life you desire. You may be wondering, *Well, if it's as simple and magical as that, why doesn't everyone have their perfect life then?* The reason for this is that the Law of Attraction works whether you are focusing on what you *want* or on what you *don't* want. If your predominant focus in life is on how miserable you are, on all your problems and irritations, then *that* is what you are focusing on. According to the Law of Attraction, what you habitually focus on is what you will continue to attract. And so, you tend to get more of the same.

Now, it's important to be kind to ourselves as we begin to understand this process. As I said, we have been creating unconsciously up to this point in our lives and it can be challenging to change our ways of doing things. Piling blame on ourselves for creating our problems only adds to the negative emotion and that's counter-productive to creating a life you want. I encourage you to use EFT to release any judgments you may have of yourself as you begin to consider these concepts. Know that you always have and always will do the best you can in the moment you are in.

Our society does not teach us to use the Law of Attraction very effectively. In fact, in our culture, we are generally taught to focus on the problems in our lives and in the world. We only need to look at the news for evidence of that. The vast majority of people in the world are having a fine day today, maybe with a few stresses here and there, but they still have a place to come home to, food to eat, air to breathe, sunshine to warm their skin, and many other wonderful blessings in each moment. But when you turn on the news, all you hear about is the one

percent or less of the people who had something really, really bad happen to them today.

This seems to be what most of us have learned to do with ourselves as well. Even if we had a wonderful day for the most part, we tend to focus on that one negative comment we received and dwell on that, bringing ourselves down to a negative state rather than appreciating the times that we felt good.

Your Focus Determines How You Feel

You can also see from the example above that *we choose what we focus on and that is what determines how we feel.* You can choose consciously what you want to pay attention to, what you want to focus on in your life. And as a result, you are in control of how you feel. You can't hold two thoughts in your mind at one time. Choose thoughts that feel good and you will feel good. *And* you will attract more of what feels good into your life.

The Two Emotions

There are only two kinds of emotion when you come right down to it: the ones that feel good and the ones that feel bad. This is your guidance system, as the wonderful teacher Abraham puts it. (For more information about the Law of Attraction and the teachings of Abraham, please see the *Helpful Additional Resources* section in the Appendix at the end of the book.) So, when you feel good, you know you're on the right track. You are energetically aligned with what you want to create and you are in harmony with the most essential part of yourself, your True Being.

Positive feelings of gratitude and appreciation help you stay in harmony with what you want to create and allow it to flow to you. That is one of the key reasons why *Your Inspiring Life* incorporates a weekly session to feel gratitude. It brings you into a state of feeling good and therefore helps you to attract more of what you want.

However, when you feel negative emotion, this is a red flag being sent to you by your True Self that says, "Hey, wait a second. What you are focusing on right now is NOT what you really want to create." It's like an alarm system within you to help you realize that you have headed down the path of creating what you don't want rather than what you do want. And this is where you make the choice. You have the ability to shift your focus at that moment to what you DO want to create.

Now, you may say something like, "Well, it doesn't feel like I have a choice; once I'm in that negative state, it's hard to get out of it. When things go wrong, I can't help but focus on them. Even if I try, I can't get myself out of that horrible negative state once I start down that road. And I feel vulnerable to other people's negative influence. If someone says one thing to me that's hurtful, I feel like I'm thrown down that negative spiral and I don't know how to get myself out."

Well, that's where the EFT process I'm teaching you in *Your Inspiring Life* will be incredibly helpful. With EFT, you now have a powerful tool that will help you let go of that negative state and get back to feeling good. When you are feeling reactive to something in your world, use EFT to help you clear it away. Now that you know how to use EFT, you can look at any negative emotion as a wonderful opportunity to clear away your unconscious triggers to feeling bad. And as you clear these habitual negative triggers from your life, you free yourself to

experience the unconditional well-being of your True Being more and more. And in the process you free yourself to truly focus on what you want to create.

EFT is the Missing Link to Success With the Law of Attraction

As I've said before, envisioning what you want with positive emotion is the key to attracting what you want into your life. When you feel negative emotion, you are focusing on what you don't want and thus contributing to the process of attracting more of what you don't want into your life. However, you can use EFT to clear your fear, irritation, sadness, etc. about not having what you want yet. As you do, you release your focus on what you don't want. You are then free to focus on what you *do* want with positive emotion and therefore allow it to come into your life.

When you find yourself reacting to something that happens or something you are thinking about and you feel a negative emotion coming up, take this as a message from your True Being that there's something to be addressed here, something to be cleared away to allow what you want to come to you. So, write down what you are feeling and any associated negative thought that goes along with it. Rate in on a scale of 1 - 10 and then use EFT to clear it using one of the processes in *Your Inspiring Life* or simply devise your own process using the *Instructions for Creating Your Own Tapping Processes* in Chapter Twenty-Three. Take a few minutes to clear this issue away. Do a few rounds if necessary until you feel your natural state of well-being returning.

If you don't have the time to address the issue fully right away, just tap a little to clear it away a bit. And then commit to addressing that issue when you have more time, perhaps in your next *Your Inspiring Life* Session. And after each tapping round, affirm what you *do* want and what you are creating now. As I

said, every time you release another mistaken belief or negative emotion, you free yourself a bit more. Taken this way, you can see that negative emotions are not something terrible to run away from at all costs. Instead, every negative emotion is a gift that shows you the path back to self-love and unconditional well-being and opens the door to allow what you want to come to you.

Your Unconditional Well-being Opens the Door to Receive

One of the keys to being a conscious creator in your own life is to know that the source of your well-being exists within you and doesn't depend on anything outside of yourself. When you know that your well-being is unconditional and ever-present and always available, you can focus on what you want without fear. You intend to manifest something, but you know that your well-being doesn't depend on receiving it.

Tapping whenever this doesn't feel true brings you back to knowing that it *is* true. Whenever you feel out of balance, I encourage you to cycle through the tapping processes until you find yourself in your natural state of well-being again. The meditation processes in *Your Inspiring Life* will also help you experience this state of unconditional well-being within yourself.

From this knowing that your well-being doesn't depend on anything outside of yourself, you are then free to imagine anything you want to create… whatever sounds like fun to you. You can enjoy the process of creating in this way because you know you can feel good whether what you are focusing on comes to you or not.

Anytime you feel off-center, doubtful, fearful, guilty, jealous, irritated, and/or disappointed that what you want isn't here yet, this is actually a *gift* from your

True Self that teaches you how to more effectively manifest what you want. These negative feelings show you the *conditions* you're putting on your well-being. For example, a person might think, *I can't be happy unless I get that house I want.* Thoughts like these focus your attention on a negative state of mind: the lack of the house and the lack of happiness as a result. And so, you get more of the same.

Once you realize this, the next step is to use EFT to clear these mistaken ideas away until you realize your well-being doesn't really depend on whether you get that house or not. For example, you might tap with a phrase like this: "Even though part of me feels sad because I don't have a nice house like my sister, I choose to remember that my well-being is unconditional and doesn't depend on what kind of house I have."

As you release these negative feelings and the underlying beliefs that are causing them, you open the door to your natural state of unconditional well-being. From this state, paradoxically, it will be much easier to manifest what you want. You now realize your well-being doesn't depend on getting that house. You have released your negative emotions related to the fear of not getting it and so you can now focus on attracting the house you want with pure positive emotion.

This is the ideal balance that puts you in the energetic state of allowing what you want to come to you. You know your well-being is within you and so you can be playful in your creations, knowing that your happiness doesn't depend on receiving them. It just sounds like it would be fun to receive something, create something, experience something. And so, you allow what you want to come to you with much more ease and enjoyment.

Is the Law of Attraction Real?

The best way to discover whether the Law of Attraction is real is to test it out for yourself. Choose something that you want to manifest. The first goal you set for *Your Inspiring Life* is a perfect place to start. Follow the steps in *Your Inspiring Life* to manifest your goal. Try it out yourself and see what happens. Once you clearly commit to your goal, providence will move to help you achieve it and synchronicities, or meaningful coincidences, will happen spontaneously in your life to help you at each step.

So, choose something you wish to create. Start with something you believe is possible and that gives you a feeling of joy and satisfaction when you think about receiving it. Clarify your intention, clear any *Yes-Buts* that might be holding you back from receiving it, and then magnetize it. Feel yourself drawing what you want to you. You can use the R21 *Attracting Your Vision* recorded process to do this. Then see what happens. Don't stop before you receive it, just as the seed is about to push through the earth into your world, just as the tree is about to bear fruit. Keep steady in your focus and intention and you will receive. This is the best way to know that the Law of Attraction is real. Try it out for yourself and see what happens.

Once you have some success consciously creating in this way, it becomes much easier to know that what you want is coming, as if you ordered it from a cosmic mail-order catalog and you know your order is on its way to you now.

Removing the Boulders From Your Path

Perhaps the following story will help you make sense of how all of these ideas fit together in *Your Inspiring Life*. Imagine that you are walking down a path called

Your Life. Your True Self inspires you through what your hearts wants, through what sounds wonderful and fun and satisfying to you. It whispers, “Let’s go this way,” and so, you walk down the path of life toward what you desire. But then, you come upon a boulder in your path. You can’t walk around it. It’s stopping you from moving forward toward what you want. And you feel negative emotion at this blockage.

The boulder is a negative belief you have. It may be tied up with a bundle of negative experiences you’ve had in the past that taught you that this negative belief was true. Often, these negative beliefs are not even questioned. We just take them as reality. That’s just the way the world works, we tell ourselves. But, now that you know about the Law of Attraction, you can see that actually, possibly, that’s the way the world works because that’s what we believe and that’s what we have attracted. *You have a choice about whether to continue to believe it or not.* And so you have a choice about whether that’s the way YOUR world works or not.

By tapping on these negative beliefs that feel like “truth,” you will be re-programming your consciousness to release these negative beliefs. As you do, you’ll find your own true wisdom and understanding unfolding within you. You’ll get a new perspective on life and see that maybe it *is* true that all is well. Compassion, acceptance, and release will all unfold for you.

And as you tap away this negative belief, you are tapping away at that boulder in your path. With each round, it crumbles more and more. And soon, it’s just dust. And you can walk on further down the path. Once you clear this negative belief, your natural state of enthusiasm will resurface and you will feel inspired and excited to take the next step.

And then, a bit further down the path, you'll come upon another boulder, maybe a little smaller that the last one, maybe a little bigger. Either way, you take your tapping tool out of your backpack and start tapping away at it. And soon, you'll find that you have reached your destination. You have achieved your goal and you feel wonderful. And you stay here and enjoy it a while. And then, at some point, that little voice of inspiration within you says, "Well, that was really fun. Now I'm ready for another wonderful adventure!"

And off you head down the path again, inspired by your heart, following your path with joy. Tapping on the boulders as you come to them and continuing down your own unique path of life.

Your Part in the Collective Consciousness

As the visionary psychiatrist Carl Jung said and many spiritual teachers as well, we are all part of a vast collective consciousness. Truly, on a deep level, we are all One. You heart recognizes this; your compassion and your empathy are all reflections of this truth. You feel for another because, on a deep level, you recognize that you are them. And they are you. And so, as you clear the boulders of self-judgment and negative beliefs from your path, you are actually also clearing them on behalf of the whole collective consciousness of humanity and creation. And, as you clear these negative beliefs and judgments, you will also be opening yourself to a further experience of that Oneness. Your heart will open more and more to allow the Divine within you to shine forth.

Taking the time to clear away the issues that come up for you each day will bear abundant fruit. Tapping to bring yourself back to a state of well-being allows you to return to that state of allowing what you want to create to flow into your life. Not only that, you will feel much better overall as you free yourself from negative,

mistaken beliefs. And that's really what we're all seeking, isn't it? We want to feel well-being no matter what. And tapping regularly and following the steps in *Your Inspiring Life* will help you experience this natural state of unconditional well-being.

Life really can be joyful. You can have what you want. Following *Your Inspiring Life* on a daily basis will help you get there. It will help you enjoy your path. And yes, as you stretch yourself with each new goal, there will be those voices within that get activated, tossing another boulder into your path. But those boulders really are tossed by your True Self. Because life is not only about creating the joyful things you're inspired to create although that is a wonderful part of our journey. Life is also about clearing away these negative ideas and beliefs that have held us back from shining our own unique light into the world. It's truly a wonderful two-fold process of joyfully creating and then clearing whatever limitations are keeping us from allowing our creations to come to us.

On to the Next Step

Now that we've explored the foundational ideas of *Your Inspiring Life*, we will move back to our concrete, step-by-step approach which will help you manifest the inspiration and success you desire.

The next step is to create a Vision and energize it, putting the Law of Attraction to work for you in a conscious way.

CHAPTER NINE

Create and Energize Your Inspiring Vision

In this chapter, you are going to develop an inspiring vision of you achieving your goal. This Vision Statement will help you feel excited and inspired and motivated as you take each step toward success. It will help sustain you through those times when difficulties arise and you're feeling the weight of uncertainty on the road ahead. It will also help you focus your energies on an inspiring vision of what you want to create in your life.

Developing Your Vision Statement

Now we're going to take some time to create a vision of you succeeding at your first goal. We're going to focus on one goal at a time. If you wish to address several goals in one session, I'd recommend that you follow through with the following process for each goal separately and then go on to the next.

Step One: State your Goal

In the Goals and Vision Statements section of your *Inspiring Life* folder or journal, start a new page entitled: *My Inspired Vision*

Under that, write your goal in the following format:

This is my inspired vision of what I am creating now. I am choosing to create... (state your specific goal as you developed before.) I am 100% committed to achieving this goal.

Step Two: Write the Story

Now, it's time to play with your imagination a bit. Write a little story that describes just what you want to create *as if you've already created it*.

Begin this section with the following phrase: *I see myself as having already succeeded at this goal and I feel wonderful!* What is it like for you to imagine this? How do you feel? Write down every wonderful detail you can imagine. Allow yourself to imagine really succeeding at this goal. Take some time to write out the perfect manifestation, the perfect experience of success for this goal and how great that would *feel*.

Who is Your Role Model?

As we touched on in Chapter Six, it's often helpful to consider who has successfully accomplished what you want to achieve in a way that you admire and would like to emulate. See if you can think of someone who has already successfully walked the path you are on. If you have someone in mind, you can describe what you like about them and their success and add these details to your vision statement. What qualities do you like and admire in them? In your vision statement, describe yourself succeeding in a similar way. As always, if there are negative issues that arise as you do this, add them to your *Issues For Clearing* list.

Step Three: Add the Essence of Your Goal

Often when we set goals, we describe only the external evidence that will show us we've succeeded. For example, *I want to write a novel and get it published.* However, the wonderful feelings that go along with that accomplishment are a key part of what you want as well. These feelings and states of being are what I mean by the *essence* of what you want to create.

For example, to address the essence of what you are creating, you might describe in your vision statement that you feel *deep satisfaction*, *happiness*, *freedom*, *inspiration, gratitude*, *blissful harmony, enjoyment of each step, unconditional well-being, etc.* By identifying these emotional benefits of accomplishing your goal you will be helping yourself feel excited and enthusiastic about achieving it. You'll also ensure that what you create is truly satisfying to you.

You can refer to the *Essence* list you generated in Chapter Six to help you complete this step.

Exercise 1: Identifying the Essence

To help you explore the essence of your goal further, complete these sentences:

When I succeed, I want to feel…

I want to achieve this goal because I'm looking forward to feeling…

When I imagine succeeding at my goal, I feel…

Explore and play with this. Write a little story to describe the essence of what you want to create when you achieve your goal and add this to your vision statement. Remember, the key part of this step is to describe the details of how wonderful you will *feel* when you achieve your goal.

Step Four: The Whys Add More Juice to Your Vision

Add to the story of your vision statement the reasons *why* you want this goal to be achieved in *positive* terms, not negative. That is, what *good* will come to you from achieving this goal? You don't want to focus on the negative things will go away from achieving it. The positive reasons come from inspiration and are energizing. In contrast, the negative reasons are motivated by fear and can be draining. If you find a number of negatives coming up anyway, add them to your *Issues For Clearing* list for tapping later. To explore this area, answer these questions:

Why do you want to achieve this goal?

What wonderful things will it do for you?

Add your answers to your vision statement above as if you had already achieved your goal.

You can always refine this vision statement and change it as you go along. It may evolve as you evolve through the process of following the steps of *Your Inspiring Life*. That's fine. Just make it as wonderful as you can imagine in this moment. Once you have this story written just the way you want it to be, you're ready to move on to the next step.

Visualizing and Magnetizing your Goal

Audio Journey

To help you visualize and magnetize your goal, I encourage you to regularly listen to the R21 *Attracting Your Vision Process* recording which will walk you through this step. You can also read through the instructions below to energize your goal on your own whenever you like.

Self-Guided Visualization

Step One: Read through your inspiring vision statement and really get into how good it feels. As you do, let yourself imagine succeeding at what you want right now. Feel the good feelings as if what you want is happening right now. As you do, your energy is resonating like a tuning fork with what you want to create. And so, you are attracting the energy of your success into your experience.

As you are visualizing, if you feel some tightness or negative emotion come up, note that this is revealing a *Yes-But*, a self-imposed limiting belief. Write it down on your *Issues For Clearing* list for later clearing or tap on it right away until you feel calm and centered again. Then finish your visualization.

Step Two: Next, visualize yourself attracting what you want to you like a magnet. As you do, tap on the side of your hand as you state the following affirmation: *I am now magnetizing this wonderful experience of success into my life. I trust that it will come at the perfect time and in the perfect way. I feel deep gratitude that I am receiving just what I want or something even better. My well-being is unconditional and always within me. And so I am free to create from joy*

and inspiration. I thank the Abundant Universe in advance for helping to bring this success to me now.

Step Three: To end, tap on each point as you state your goal.

Exercise 2: Friendly Reminders

As an easy way to keep your energies focused on what you want to achieve, put up sticky notes with your goal statement on them all around your house and in your car. *I am choosing to create…* Whenever you see one, if you have a second, close your eyes and feel yourself drawing success to you like a magnet as you affirm your intention to achieve your goal. If you have the time, tap in your goal statement at one or all of the points.

If you find you're not able to think about your goal without negative emotion coming up, then that means it's time for some more tapping. Note the issue or feeling that's coming up for you and make it a priority to clear that issue in your *Inspiring Life* Session for that day. As I've said before, this is part of the way your True Self guides you. Whenever negative beliefs and feelings arise, they are coming up to show you what needs to be cleared to help you succeed at your goal.

In the next chapter, we will focus on developing a Game Plan to make your inspiring vision a reality, step-by-step.

CHAPTER TEN

Developing Your Game Plan

In this chapter, we will be focusing on developing your plan of action to accomplish your goal. I like to call this your Game Plan because, when you feel inspired and confident, taking action toward your goal can feel fun, like an enjoyable game. You have set a goal that you feel excited about achieving and now you will be developing a step-by-step plan for accomplishing it. Your Game Plan will be your roadmap to success.

Start by making a list of the steps that you will take to accomplish your goal. These are called your *objectives* and in *Your Inspiring Life* we will divide these into two categories: internal and external.

Internal Objectives

Internal Objectives are the actions you will take within yourself to prepare you for success. These include activities such as:

- tapping on the issues on your *Issues For Clearing* list
- energizing your Inspired Vision to attract success
- connecting with your inner wisdom to guide you
- expressing gratitude for your progress

- listening to the guided meditations to connect with the source of well-being within you

Include these actions in the Internal Objectives section of your Game Plan. Add any additional actions or details that involve the internal work you are doing to become confident and successful.

External Objectives

External Objectives are the concrete external actions that you will take to accomplish your goal.

Start by making a list of all the actions you can think of that will be required to accomplish your goal. You may have a number of longer-term actions to take as part of accomplishing your goal. For example, for the goal of becoming a successful novelist you may have finishing a novel as a long-term objective toward achieving your goal. In that case, write this larger objective down and then break that objective down into smaller objectives like signing up for a writing class, writing ten pages a week, etc.

Just start here with the understanding you have right now. If you know you need to learn something or do additional research about how others have accomplished your goal, list these as some of your first objectives. The clarity and additional information you receive as a result of these steps will help you design the next steps of your Game Plan.

You may not know every step that you will need to take yet and that's fine. As you proceed down the path toward your goal, the next steps will become clearer. If you get stuck along the way and don't know which step to take next, go to

Chapter Fourteen: Receiving Guidance and Inspiration to Help You Achieve Your Goal and listen to the recording R22 *Connecting with Your Inner Guidance* to help you know what to do next.

Your Game Plan will evolve over time as you gain new understanding of what is involved with achieving your goal. This is just part of the process. Update your Game Plan as you gain new information and clarity about what to do to accomplish your goal. This updating process is actually an important step in and of itself; it helps you refine your focus and accomplish your goal more efficiently and effectively.

As you develop your Game Plan, negative feelings may arise including anxiety and judgments about your ability to successfully accomplish each step required to achieve your goal. When issues like these come up, just add them to your *Issues For Clearing* list for later clearing. As I've said before, as you proceed through *Your Inspiring Life*, you will be releasing these negative feelings and beliefs using the EFT tapping process. It's natural that moving toward your goal will activate these hidden issues that have kept you from accomplishing your goal up to this point. As I remind you throughout this program, they are just coming up to be released.

In the next chapter, we will focus on developing a list of these limiting ideas and beliefs as a first step to releasing them, easily and gently, with EFT.

CHAPTER ELEVEN

Identify Your Limiting Beliefs: Your "Yes, Buts"

In this chapter, we're going to focus on developing a list of negative beliefs and feelings for you to clear away in *Your Inspiring Life*. As I've discussed before, your *Yes-Buts* are the negative reactions and limiting beliefs that come up when you think about achieving the goal you've decided to pursue with *Your Inspiring Life*. For example, you might think of something and think, *I'd love to do that.* And then immediately, you hear a voice within that says, *YES, that would be nice, BUT I can't because…* These are the issues that have held you back from pursuing and succeeding at your goals and dreams up to this point in your life.

These *Yes-Buts* come from a variety of influences: parents, society, your own experiences. You may have specific painful memories tied to some or all of these negative thoughts and feelings. If so, you can use the recorded process R20 and *Chapter Thirteen: Clearing Painful Past Experiences* to help free yourself from the pain and influence of these specific negative memories.

The Positive Benefits of Focusing on the Negatives

Focusing on these negative beliefs and feelings might feel like a bit of a downer to you. It may seem like a contradiction to focus on a lot of negative ideas and feelings as you embark on this journey toward feeling inspired and succeeding at

your goals. It may feel like you are focusing on the negatives, the things you don't want, when the Law of Attraction says to focus on what you *do* want.

However, this is the magical paradox of EFT. By focusing on these issues, you are actually clearing them so they no longer influence you. The negative beliefs and feelings on your *Issues For Clearing* list are lurking in the shadows of your consciousness, disrupting the pure flow of the success you want to draw toward you. Whether you name them or not, they are there, influencing you.

When you send your intention out that you want something, these shadow issues send a counter-message out to not allow what you want to come to you, for a whole variety of distorted reasons. When you tap on these issues, they lose their emotional charge. And as you go through several rounds on each issue, these mistaken beliefs begin to loosen up and transform.

You suddenly realize that these old beliefs you've held for so long are not really true. Your wisdom then often shows you a broader, more compassionate, and enthusiastic perspective on that issue. And in this way, these negative beliefs and feelings begin to release their influence on you. You've cleared a boulder in your path. And your intention to create a life of inspiration and success is freed from the static of opposing beliefs and feelings.

As you walk the path toward your goal and you come upon a roadblock or a boulder in your way, stop and add it to your *Issues For Clearing* list and then clear it away using the EFT tapping processes in *Your Inspiring Life*.

Exercise One: Developing Your Issues For Clearing List

Here at the steps to develop your *Issues For Clearing* list. If you've already started your list, just use the following exercises to add to it.

1. Print out the form on the next page. As you go through the exercise, you can print out more pages as you need them.

2. Write your goal statement at the top of the page. Then, read it out loud to yourself.

3. In the section entitled *Issues For Clearing*, write down all your negative reactions, fears, and *Yes-Buts* to pursuing and achieving your goal. If you're feeling stuck on this step, please see the additional exercises below to help you.

4. In your *Issues For Clearing* list*, please leave a space below each issue so you have room for rating the feeling and intensity as you clear the issue later.*

My List of Issues For Clearing *Date:*			
My Goal:			
P	Feeling	I/B	My Issues For Clearing

Exercise Two: Discovering More Yes-Buts

You can use the following questions to help you unearth more *Yes-Buts* for your list.

1. Does part of you feel your goal statement is “impossible” or very unlikely to actually happen? Why?

2. What do you feel is holding you back from achieving your goal?

3. What would be the downside to achieving your goal? That is, what negative things are you afraid might happen if you achieved your goal?

4. What’s the worst case scenario of failure that you can imagine? You’re looking for your worst fear here so you can clear it with the R4 *Fear of Failure* recorded EFT process. Doing so will clear away a significant block to your success.

5. When you think about your goal, what negative voices do you hear? Write down what they say.

6. Is there any part of you that is not 100% committed to your goal? Why?

7. Is there anyone who might be unhappy if you succeeded?

8. What are the reasons you believe you might not succeed at this goal?

9. What are the reasons you tell yourself or hear in your head why you have not achieved this goal yet?

10. What fears do you have about pursuing and achieving this goal?

11. How might you sabotage your own success?

12. What are you most afraid of when it comes to this goal?

13. What are you afraid might happen if you fail?

14. What painful experiences did you have in the past when you tried something like this? This question helps you identify negative past experiences to address with the R20 *Clearing Painful Past Experiences* recorded EFT process.

Write down any additional negative thoughts about your goal that might be coming up for you right now. Add to this list as you proceed through *Your Inspiring Life*. Each new step brings with it an activation of latent fears and negative beliefs. It's your job to clear them when they arise and the first step is to acknowledge them. So, when they come up, just add them to your *Issues For Clearing* list.

Exercise Two: Pick from the Menu as Well

The four-page list that begins on the next page covers a variety of issues that might be keeping you from the feeling of confident inspiration you desire. Print out this list and then circle the number next to the statements that resonate for you.

Your Inspiring Life has recorded processes and pre-written scripts for you to follow which will help you clear each of these issues. The alpha-numeric labels will make it easy for you to find the corresponding Audio Journey Library recordings and/or the written scripts in *Chapter Twenty-Two: Scripts for Self-Guided Tapping.*

Audio Journey Library of Recorded EFT Processes

R1 FIRST *Your Inspiring Life* Recording
R2 Anxiety and Deep Self Doubt
R3 Afraid to Make Mistakes
R4 Fear of Failure
R5 Not Believing In Yourself and Your Abilities
R6 Not Feeling Confident and Doubting Your Ability To Succeed
R7 Afraid You're Not Good Enough to Achieve Your Goal
R8 Procrastination and Lack of Motivation
R9 Wanting to Give Up
R10 Worry About What Other People Think of You
R11 Feeling Nervous and Insecure
R12 Fear of Taking Action
R13 Fear of Success
R14 Difficulty Hearing and Following Your Inner Guidance
R15 Feeling Discouraged at Setbacks When Things Aren't Going Right
R16 Feeling Like a Loser Who Will Never Succeed
R17 Inherited Anxiety and Self-Doubt
R18 Not Wanting to Let Go of Anxiety and Self-Doubt

R19 Sadness about Not Feeling Good Enough and Not Being Able to Love Yourself

R20 Clearing Painful Past Experiences

Written Scripts with Affirmations from Chapter Twenty-Two

Lack of Confidence, Self-Doubt, Lack of Belief in Yourself

S1 I don't have a consistent sense of confidence in myself.

S2 I doubt myself and my abilities.

S3 Part of me believes I don't know enough to succeed.

S4 Part of me doesn't believe in myself and what I have to offer the world.

S5 I doubt that I really have anything of value to offer.

S6 Part of me has no confidence in my ability.

S7 Part of me is full of self-doubt.

Fear of Failure

S8 Part of me believes that no matter what I do, I will fail so it's better to not even try.

S9 Part of me is scared that what I do won't work out the way I want it to.

S10 Part of me believes that everything I try falls apart.

S11 Part of me sabotages my efforts because it believes I will fail anyway.

S12 Part of me finds busy work to do instead of taking real action toward my goals.

S13 It hurt so much when I've failed in the past.

Tendency to Give Up, Depression

S14 I often give up on my goals and dreams because I don't believe in myself.

S15 I seem to lose interest as an excuse to not really try.

S16 I don't fully commit myself to my goals because I'm afraid deep down that I'll just fail anyway.

S17 Part of me just wants to give up.

S18 It hurts me in my heart when I give up.

S19 Giving up feels like just another failure that proves I'm worthless and don't have anything of value to offer.

S20 Part of me thinks that it's better not to expect anything to really come of what I do because then I won't be so destroyed when I inevitably fail.

S21 Part of me believes that it's better not to try because it hurts so much when I fail.

S22 I feel so sad at times because some part of me believes I'll never really succeed at my goals.

S23 I feel sadness and regret for what might have been if I had believed in myself enough to follow my dreams in the past.

S24 I'm afraid I'll still be in this same sad place ten years from now, wanting to succeed but doubting myself too much to do anything about it and regretting all the lost possibilities.

S25 I have all these negative feelings and beliefs about giving up on my goals and dreams.

Feeling Worthless

S26 Part of me believes that what I do is worthless.

S27 Part of me is scared that what I do won't be any good.

Negative Self-Judgments

S28 Part of me believes that I'm just a loser and there's no way I could succeed.

S29 Part of me believes I'm not good enough to succeed.

S30 I feel discouraged because I feel like I should be better at this than I am.

Deserving Issues and Resistance to Success

S31 Part of me believes that I don't deserve to succeed.

S32 I feel guilty doing better than other people.

S33 I'm afraid that other people might feel threatened and not like me if I succeed.

S34 I'm afraid I might not like the person I have to be to succeed, that I might become arrogant and snobbish or other things.

S35 A harsh voice inside me says, "Who do you think you are to think you could succeed at this?"

Fear of Mistakes / Perfectionism

S36 Part of me believes that when I make a mistake, it means I'm worthless and unlovable.

S37 Some part of me feels destroyed when I make a mistake.

S38 Some part of me believes that mistakes just reveal my basic incompetence.

S39 Some part of me feels like I should never make mistakes ever.

S40 I feel bad about mistakes I've made in the past.

S41 Part of me believes I always have to be perfect.

Comparison to Others

S42 Part of me believes I'm not as good as other people.

S43 Part of me believes that it's wrong for me to succeed when I'm not as good as other people.

Fear of Others' Judgments

S44 I'm afraid I'll be rejected and humiliated if I put myself out there.

S45 Part of me is scared that people will laugh at me and think what I do is worthless.

S46 Part of me believes that no one would really want what I have to offer.

S47 I'm afraid no one values what I do.

S48 I'm afraid no one really believes I will succeed.

S49 I'm afraid that when I make a mistake, others will judge me and think less of me.

S50 I'm afraid that if I show my weaknesses no one will like me or respect me anymore.

S51 I feel stuck in my old patterns of self-judgment and worrying about what other people think of me.

Once you have circled the recording and script issues that apply to you, keep this list with your *Issues For Clearing* list for future reference. When you are ready to clear them, either use the appropriate recording or go to Chapter Twenty-Two and use the affirmations written for each statement to tap each one away. We'll go over how to do this in more detail in the next chapter.

Addressing the Yes-Buts that Arise at Every Stage

More issues are likely to arise as you continue on through *Your Inspiring Life*. It may not seem like it at the time, but these actually offer you a wonderful opportunity to free yourself from the limiting beliefs that have held you back for a long time. Just add them to your *Issues For Clearing* list to release in your daily *Your Inspiring Life* sessions. Now that your mistaken ideas and old patterns are activated, you can be aware of them and clear them. Instead of avoiding the feelings and not looking at them, setting a goal *makes* you look at them. And

clearing these issues will ultimately lead you to more freedom, confidence, and well-being in your life.

As you face these issues within you, you're not only clearing the way for you to accomplish your goal much more easily and painlessly, you're also clearing issues that affect you in every area of your life. As a result, areas of your life that you're not even focusing on will benefit. And you'll also start to just feel better overall.

Your natural well-being will begin to surface again as you release some of the pressure you've been putting on yourself by believing these negative, mistaken ideas.

In the next chapter, I will show you how to release these negative beliefs and feelings so you can move forward unimpeded toward your goal.

CHAPTER TWELVE

Clearing Negative Beliefs: Tap on Your Yes-Buts

Addressing the mistaken beliefs and negative feelings that are getting in the way of you achieving your goal is one of the key components of *Your Inspiring Life*. If you do not address them, they will keep nagging at you from the back of your mind and pull you in the opposite direction of your goal. By clearing these, you will be aligning your thoughts and feelings with the positive reality that you want to create.

Give Each Yes-But a Feeling and Intensity Rating

Now it's time to get out that list of *Issues For Clearing* that you've been developing. We're going to identify the feelings and intensity related to each, prioritize them, and then tap them away.

Once you have filled in your *Issues For Clearing* in the worksheet from the last chapter, go through the list and write down the feeling that the issue brings up in the feeling column. The first step in clearing any issue is to identify the feeling you are having in response to that issue. When you think about it, do you feel sad, depressed, angry, frustrated, disappointed, worried, afraid, or another emotion?

Note this feeling in the *Feeling* column next to this issue. For example, you might write *Anger* in the Feeling column.

In some cases, you may not have much intensity coming up about an issue but you know it's one that resonates for you. If there is no feeling per se, then just write in this column: *Belief* to indicate that this is still a belief that is influencing you.

The next step is to rate the intensity of your reaction to that issue on a scale of one to ten, one being the lowest level of intensity for you and ten being the highest. For your beliefs, instead of rating the intensity of your reaction, rate *how much you believe* the statement, one being not at all and ten being completely, without question.

Write down in the ***I/B*** column your Intensity/Belief Rating for this issue. It's helpful to go ahead and give each of your *Issues For Clearing* a rating before you start tapping on the first issue. The reason for this is that often when we start clearing the big issues from the list, the intensity rating of the other issues further down becomes less, even without tapping on them. There's a sort of generalization effect that often happens with tapping. So, it's nice to have these ratings before you start tapping so that you can see this happening in yourself.

Prioritize Your Issues For Clearing List

Starting with the issue with the highest intensity rating, prioritize your list of *Issues For Clearing* by numbering the issues in the ***P*** column. That is, the issues that create the most intense reaction in you should be addressed first and then go down the line with the least intense issue being numbered last. If you have several with the same rating, then just prioritize them in the order that you wrote

them down. The loudest *Yes-But* on your list will be the first focus of clearing for you. So, after this step, you know where to start tapping.

The Preliminary Steps

To begin, if you have not done so already, review the *EFT Quick Start Guide* in Chapter Twenty that describes how to do the tapping process we're going to use to clear these issues.

Then, listen to the introductory R1 FIRST *Your Inspiring Life* Recording. This recording is designed to orient you to the tapping process and gives you more detailed descriptions of the points while addressing a key issue for most people.

Three Ways to Clear

In *Your Inspiring Life*, there are three different ways to clear away your mistaken beliefs, those negative *Yes-Buts* that are getting in the way of you achieving your goal.

1. Recorded Tapping Processes
2. Scripts to Follow for Self-Guided Tapping
3. Self-Directed Tapping

Once you've taken the two preliminary steps described above, I recommend that you first follow the recorded processes that best match your top issues. This way, I can guide you as you get familiar with the EFT tapping process and how it works. Next, you can follow the specific scripts included in *Chapter Twenty-Two: Scripts for Self-Guided Tapping* that match your issues or resonate for you. Finally, if you have issues unique to you that may not be covered here, you can

create your own tapping processes by following the instructions in *Chapter Twenty-Three: Instructions for Creating Your Own Tapping Processes.*

And don't worry; by the time you've gone through the recordings and scripts that fit for you, you'll be very good at tapping and you'll know just what to do.

Where To Start

Start with the number one issue on your *Issues For Clearing* list. Look through the recorded processes and see which one best fits this issue. Read your issue out loud so your consciousness knows that this is the issue you're clearing with this recording. Think about how the topic of the recording applies to you specifically. You've already noted the feeling and the intensity rating so now go ahead and listen to the recording. As you listen to the each recording, you can follow along with the scripts for each one in Part Three of this book if you find that to be helpful.

After each round, re-state the issue from your *Issues For Clearing* list. Continue through the tapping process until the intensity or belief rating for that one issue is down to a one or zero. This is important. I'd encourage you to stay with one issue until it feels clear. At that point, your wisdom can bubble up and guide you and you will feel much calmer and more centered. Don't stop just before the finish line. In most cases, it should only take a few rounds of tapping at the most to feel like the issue has cleared or at least dramatically improved.

So, once you listen to the related recording, make sure that the issue you wrote down in you *Issues For Clearing* list feels cleared before moving on to the next issue.

Different Aspects Might Arise

Be aware that as you move through the clearing process, your feelings may change. What started out as anger may turn into the deeper feeling of sadness. Or fear may turn into anger. These shifts are common in EFT. With every issue, there are different layers of meaning and feeling that get activated as you move through the clearing process. Also, different issues and memories might come to mind as you are tapping. These are called the different *aspects* of the issue.

As they arise, just note them in the *Issues For Clearing* section of your *Inspiring Life* Journal, give them an intensity number, and continue tapping. Once you get the original issue to a one or zero, then you can move on to clearing these new aspects that have emerged. It's usually a good idea to go ahead and clear these aspects next since your own inner wisdom brought them forth to help you release what's keeping you from the experience of inspiration, well-being, and success that you want.

Also, be aware that occasionally your intensity around an issue might feel like it's getting worse during the tapping sequence. Don't worry; you've just become aware of it at a deeper level. The energy of the emotion is just activated and moving through you. Just continue with the tapping process and by the end, when you take your deep breath, you should feel better.

Eventually, you'll move through these aspects and come to that place of calm and peace at your center. You may feel a pleasant euphoric feeling, even an energetic buzzing feeling. These are common results of tapping and help you know that you have cleared this issue. When you get to this point and your

intensity / belief rating is at a one or zero, you're ready to move on to the next one.

Once you've cleared your first issue, then move on to the next issue. You can do this just a few minutes a day or more if you have the time. At the end of each session, no matter how short, you'll feel much nicer energetically. And you will have taken one more step toward creating a life of inspiration as you achieve your goals.

If you Don't Seem to Be Making Progress Clearing an Issue

If you have done at least two rounds of tapping and the intensity has not diminished significantly, then go to *Chapter Twenty-Six: What to Do If You Are Not Making Progress with EFT* for some helpful strategies to help you clear these stubborn issues away.

Clearing Your Fears Opens the Door To Freedom

Part of your purpose in pursuing your goals is to face your fears so you can clear them away and gain more personal freedom in every area of your life. As you release your fears, you reclaim the power and energy that you've been using all these years to maintain these negative feelings and beliefs. You know what to do to clear them now, so there's no need to fear your fears and self-judgments. As I always say, they're just coming up to be released.

Remember, as you move toward your goals, the limiting beliefs that have kept you from achieving them up to this point will get activated. And so, by moving forward on your goals, you are also giving yourself a wonderful opportunity to clear a lifetime of limiting beliefs and heal yourself. As a result, not only do you

move toward success at your current goal, but you are also releasing the influence these beliefs may have had on other areas of your life. And as you release your fears, you allow your light to shine more brightly in the world. So, trust the process and continue on. All is well.

Your Wisdom Shows You the Issues to Address

As you are listening to these recordings and going through the processes, if there are feelings, mistaken beliefs, painful memories, things others have said to you, etc. that pop into your awareness, take these as helpful guidance from the source of wisdom within you. These are the issues that will be important for you to address individually. Use the general EFT tapping process to address these specific issues or choose from the other recorded and scripted processes available here to clear them one by one.

There's no wrong way to do this so just trust your inner wisdom and enjoy knowing that you are releasing yourself from the chains of the past and from mistaken beliefs you've carried all these years. Every time you go through this process, you are chipping away at the barriers to well-being and success that you've put up with your mistaken beliefs about this goal. Know that every incremental step moves you forward toward success. You are making progress.

You can liken this process to peeling away the layers of an onion: you keep removing and releasing layers of limiting beliefs and negative feelings with every round of tapping and eventually the onion is gone completely. Every day, as you follow *Your Inspiring Life*, you are healing and releasing and allowing yourself to feel a greater degree of unconditional well-being and inspiration as you move toward success at your goal.

In the next chapter, we will go over how to clear specific painful past experiences using EFT. In the process, you will release any negative feelings and beliefs associated with these past experiences and release yourself from their influence on your life.

CHAPTER THIRTEEN

Clearing Past Painful Experiences

As you proceed through *Your Inspiring Life*, you will probably have painful memories surface that are the "evidence" your mind uses to "prove" that your mistaken beliefs are "true." When these memories surface, you can see these as your own inner wisdom guiding you to clear the negative charge from these memories. It's important to follow this guidance; it will help you progress on clearing those boulders from your path.

These painful memories of past failures, humiliations, etc. are just another form of *Yes-Buts*. For example, you might tell yourself, *I can't succeed at this goal because I always fail and it's so painful. Like that time I lost the game for my team in fourth grade.*

You can see that this old painful memory is closely tied to this negative belief and gives "evidence" that it's "true." So, when these come up, use the R20 *Clearing Painful Past Experiences* recording to clear them away.

This recorded process will help you clear the charge from any negative painful memories that emerge. As you do, you'll find that you have a clearer, more peaceful perspective about that memory. You may gain a deeper, more compassionate understanding about what happened. Or you may find that you're having a hard time even recalling the details of the incident after tapping

on it for a few rounds. Either of these outcomes is an indication that you have cleared away the negative charge associated with this memory. It will no longer have the influence over your belief system that it had before.

With each memory that you clear, you are loosening the hold of that old belief on your consciousness. You are allowing more and more of your own inner wisdom to shine through and to guide your perspective and actions.

The following exercise may be used in conjunction with the R20 *Clearing Painful Past Experiences* recording. In this process, you will be identifying specific painful memories related to giving up on yourself, failure, making mistakes, and feeling low self-confidence. By addressing each of your painful past experiences one by one, you will be clearing away the foundations of these tendencies so those old beliefs and habits will begin to crumble.

Exercise: Identifying Painful Past Experiences

Step One

To start, print out a another page or two of the *Issues For Clearing* worksheet available in both Chapter Three and Chapter Eleven. Using this form, make a list of painful memories you may have which are related to giving up on yourself and your dreams, past failures, humiliations you suffered when putting yourself out into the world, and experiences of low self-confidence. Here are some prompts and questions to help you generate this list:

- Make a list of the painful experiences from childhood related to these issues. Often people have had painful experiences in school where they felt humiliated for something that happened.

- What messages about confidence, success, and your abilities did you receive from your parents, teachers, and other influential people in your life when you were growing up?

- Were your abilities encouraged or discouraged? How?

- List specific painful incidents if you can.

- What negative lessons did your parents teach you about self-confidence and success by their example? Did you perceive them as successful or not? What did they say and feel about successful people? We often absorb beliefs about ourselves and life from our families. If your mother or father had some past painful experiences of failure that you are aware of, you can use EFT to clear those as well, particularly if they hold a negative emotional charge for you when you think about them. i.e. *my mother's failed gift shop.*

- What other painful experiences have you had of failure or of giving up on yourself? Add them to your list.

Step Two

You know what to do from here on out. Once you have your list, just as you do with all your *Issues For Clearing,* describe the feeling associated with that experience (shame, humiliation, sadness, anger, etc.) and give it an intensity rating from one to ten. Then, based on these ratings, prioritize the list in order of intensity for you, starting with the most intense experience.

Step Three

Give each of these experiences a simple title that captures the essence of the experience for you. For example, you might write: *My teacher laughed at my drawing in 2nd grade*. This phrase will bring the incident to mind for you as you tap on each point.

Then start with the memory that is most intense and use the R20 *Clearing Painful Past Experiences* recording to clear away that pain.

Again, be sure to take an intensity rating before you start the clearing process because, as I've said before, often with these energy interventions, you won't even remember that an issue was very intense for you before you started tapping.

Tap on one memory at a time and repeat the process until you get the intensity rating down to a one or a zero. Once you get the intensity down to a one or a zero and you have tapped on any new aspects that might come up, you have released yourself from the influence of that experience on your life. It's likely that you'll feel much more peaceful and centered at that point and have much more understanding and compassion for yourself and for others involved as well.

As you clear these painful memories using this process, you will be freeing yourself from the bondage of past experiences. Your inner child wants to avoid feeling that kind of pain again at any cost, even if it means giving up on your dreams. But if we can show that inner child that you can heal those painful, formative experiences, then that part of you can feel safe to go forward now to achieve your dreams. And the negative beliefs that you learned from those

experiences will begin to magically melt away as well. And, as I said, as you go through the tapping process to clear these painful experiences, your innate wisdom will come through and you'll have a deeper understanding and more compassion for yourself as you pursue your goal.

If you think about it, these painful events are really just like dreams now, fleeting memories that no longer exist but still persist in influencing your current thoughts and behavior. And just like a dream, you can wake up from these painful memories and realize they're not real any more. And that is the gift that this tapping process will give you. Be persistent and keep tapping on these painful memories. Once you release the energetic link that's holding you emotionally to that memory, it will fade away just like a dream.

As an additional resource, in Part Three of this book you will find the script of the R20 *Clearing Painful Past Experiences* recorded process for you to follow along with or to adapt and/or use on your own if you prefer.

In the next chapter, we will go over some helpful tools that you can use to connect with the source of guidance and inspiration within you. Your inner wisdom can help you with every step of *Your Inspiring Life*, including setting goals, creating a Game Plan for achieving them, and understanding and dealing with setbacks that may come up along the way.

CHAPTER FOURTEEN

Receiving Guidance and Inspiration To Help You Achieve Your Goal

There is a source of wisdom, inspiration, clarity, and guidance that resides within you. It is part of who you are. Truly, every answer you will ever need is within you. You may not be aware of it. You may not have had much practice listening to it, trusting it, and following it. For most of us, this part is seen only fleetingly when you have a flash of an idea or new understanding of something, or have an intuitive hunch. Again, in our culture, this wisdom within us is not usually cultivated or even acknowledged. However, with some playful practice, you can reconnect with this source within you. You can find the answers that you are seeking. You can see the path to take to achieve your goal with much more clarity and understanding.

It may be that you will get a big picture of how to proceed, or perhaps you'll just get a feeling for the next step to take. Trust that either way is perfect for you. The fearful part of you might want to know the whole journey before you begin, but all you really need is the next step. Perhaps this is the way that your inner guidance helps you learn to have faith in yourself and your path. And the fears and anxieties that might arise in this process are wonderful targets for clearing with EFT.

When you follow the guidance of the wisdom within you, I call this taking *inspired action*. And we are going to go into that process in the next step in the Program. For now, we're going to review a few creative ways that you can start connecting with this source of wisdom within you in a more conscious way.

Audio Journey: R22 Connecting with Your Inner Guidance

This recorded process can be used to gain clarity and wisdom on a whole variety of questions and issues you may have. I encourage you to listen to it once a week and more if needed to help you focus on the achievement of your target goal. This process will help you to develop that connection with the infinite source of wisdom within you. You'll be able to get answers and inspiration relating to a specific question you have. And you will be developing your latent ability to connect with this wisdom in each moment of your life. As I said, we haven't had much practice listening within and receiving guidance in this way. This process will help you practice so your ability to hear and follow your inner guidance and wisdom will become stronger and clearer.

I suggest that you do this process on the day before you do your Gratitude and Planning Session to get additional clarity about any questions you may have and about your next steps for the coming week. Remember, this process doesn't take much time… just about as long as it takes to check your email. I encourage you to consider which action is more likely to get you closer to achieving your goal and creating the life of your dreams.

Tapping Opens the Pathways to Guidance

Another wonderful means to access your inner wisdom is to tap on the fears and negative beliefs that come up for you as you face each new step. Tap them

through to a one or zero intensity or belief rating. Once you get the rating down to a minimal size, you will find your own wisdom naturally bubbling right back up to the surface. You'll have new insights, wiser and kinder perspectives on things, and the answers you've been seeking will just seem self-evident. This is another benefit of regularly tapping on your issues.

Receiving Inspiration to Action

As you clear your fears with the EFT tapping processes, you will start to receive inspired guidance about steps to take to achieve your goals. Your fears and negative beliefs are like static that is making it harder for you to receive the guidance and wisdom that's always flowing to you and through you. It pinches off inspiration and freezes you in that state of indecision and self-doubt. So, by tapping, you are clearing the channel for this inspiration to flow.

You'll feel excited and energized by new ideas when they first emerge. Write them down as soon as possible. You may find that fairly quickly negative judgments and fears begin to pop up. These have been activated by the new possibilities and energy of this new inspired idea. Write these down and add them to your *Issues For Clearing* tapping list. It's a rolling process of allowing inspiration to flow which then activates fears and then clearing the fear to allow new inspiration. It's OK for these feelings to come up. It's all part of the process. As I've said before, they are just coming up to be cleared away.

Spontaneous Inspiration and Guidance

As you move through *Your Inspiring Life*, you'll start to connect with new ideas that sound fun for you to do. You'll feel excited about the possibilities that are coming up. New ideas and strategies for achieving your goal will suddenly

appear in your mind. Acknowledge and trust that this is your own inner guidance showing you how to achieve what you want. Write down these ideas in the Creative Inspirations section of your *Inspiring Life* Journal or file.

Often, this kind of guidance is most easily heard at times when our mind is quieter. That's why you might start to get a whole new idea as you're taking a shower or just about to fall asleep. Have a notebook ready and take a few minutes to jot down these inspirations as they come to you and later you can add them to your Creative Inspirations section or file. They truly are gifts from the source of wisdom within you.

Have a Conversation with your Mentor

If you have a role model in mind who has succeeded at your goal in a way that you admire, have an imaginary conversation with them. Ask them how they did it. Ask for their advice about how to do what you want to do and imagine what they say. As I've said before, you have the answers you need within you and this is just another way to access them.

You can also do some research to learn about what your role model did to succeed, perhaps even contacting them in the process to ask them these same questions. You'll be surprised at how often successful people are willing to help those who are on a similar path. If you feel nervous about doing this, then this is showing you another issue to tap away.

Have a Conversation with Your Future Self

Imagine that you could have a conversation with the Future You who has already succeeded at your goal and achieved the level of well-being and inspiration that

you desire. Your vision statement has become a reality for this Future You. Ask this Future Self how they did it. Ask them whatever questions you may be having as you move through *Your Inspiring Life*, i.e. *How did you deal with this problem that I'm facing right now?* Just play with this process and see what comes up. Again, this process helps you to playfully access the answers you already have within you.

Listening to Your Body Wisdom

Your body provides you with a quick and simple tool for your wisdom within to communicate with you. To begin, you first want to establish what a *Yes* answer feels like in your body and what a *No* answer feels like. Simply ask yourself to show you what a *Yes* feels like and then feel what happens in your body, emotions, and energy as you say *Yes* several times to yourself. Close your eyes and feel what your body is communicating. Then ask yourself to show you what a *No* feels like and again see how you feel in your body, emotions, and energy as you repeat *No* several times. The responses can be very subtle at times, particularly at first, and very definite at others. Just take some time to play and practice and see what happens.

For me, I feel a sort of ache or heaviness in my heart when the answer is no. When the answer is yes, on the other hand, my heart feels more open and lighter and I feel uplifted. Now, sometimes, I'm not sure if it's my fear that's causing the ache in my heart. If there are fearful ideas creeping into my consciousness, then I know it's time to do some tapping and clear that fear away. Then, when I'm more peaceful and centered, I will come back to the question and see what my body wisdom says.

I recommend you do the same. Play with this yes/no body communication process and see what happens. Each person is unique, so take some time to explore and see how *your* body communicates with you. If you feel there are negative feelings or beliefs that are coming up, take some time to tap on them before proceeding. As I said before, these issues create static so it's harder for you to hear your wisdom. That's why tapping on issues as they arise is a key part of clearly hearing your inner guidance as well.

A simple version of this process is included in the *Connecting with Your Inner Guidance* recording as well.

The "I'll Do This" Exercise

This is a simple process to use when you have a decision to make between two alternatives and you're not sure which one to choose. First, state the first alternative. For example, if you were deciding whether to take action A or action B, you would say out loud. "*I am going to do Action A."* And then, see how you feel. Do you feel good? Does it feel like the right decision for you? Do you have any particular sensations in your body?

Next, state the other alternative out loud. "*I am going to do Action B."* See how that feels. Does it feel different from the first statement? Which one feels better?

This simple process often guides you to take the action that's most in line with your true intention and purpose. As I've said before, your heart guides you. If you take action because you "should" but it doesn't really feel good to you, it is likely that that action is going to be more difficult than another alternative. Most of the time, there is another way that will help you accomplish your objective and enjoy it in the process.

If neither alternative feels good, however, this might be an indication that you have some additional issues that need to be cleared before you go forward with your next step. Go to the next chapter: *Tap on Any Fears About Taking Action* and clear away whatever issues might be limiting your progress and your joy in moving forward.

If both alternatives feel good to you, then you're in a nice position. It's likely that either alternative will be equally enjoyable and beneficial for you so you can choose either one and move forward from there.

Many of the exercises in *Chapter Six: Exploring and Clarifying What You Want to Create* can also be used for receiving guidance on each step of your path as well.

So, now you've had an opportunity to receive guidance and inspiration from the source within you to guide you at whatever step you are at in *Your Inspiring Life*. This wisdom within you can guide you to clarify your goals, guide you toward the next step to take, and help you get clarity about issues and roadblocks that come up along the way.

In the next chapter, we'll help you clear away the fears and issues that might be coming up as you get ready to take inspired action.

CHAPTER FIFTEEN

Tap On Any Fears About Taking Action

Thinking about taking action toward your heartfelt goal should be fun and exciting. If it's not, then that is an indication that you have some negative beliefs and ideas that need to be cleared away.

As you move toward achieving this cherished goal, inevitably you will come to a roadblock in your path called fear and self-doubt. As I mentioned before, these are deep, old habits of thinking and feeling that are like layers of an onion. It will take time to peel away those layers and clear these issues completely. But you have an extremely powerful tool to take you through these feelings. There's no reason to fear them because EFT will clear them for you. Just choose an appropriate process from the *Your Inspiring Life* library of recordings and scripts or devise your own. At this point, you're becoming your own expert at EFT, particularly when it comes to knowing what your issues are.

Using the Fear of Taking Action Recorded Process

You can use the R12 *Fear of Taking Action* recorded process to help you release a general feeling of fear or anxiety about taking action. You can also use it to clear away a specific issue related to this general feeling. To do this, describe your specific target issue and see how it relates to the fear of taking action. Then give it a feeling and intensity rating and listen to the recording. It may take a few

repetitions, but you should be able to feel the fear dissipating fairly quickly using this process. Other feelings and issues may emerge as you do; if this happens, add them to your *Issues For Clearing* list and tap on them as well. They are showing you the key issues to clear in order to be free to take inspired action toward your goal.

You can use the following exercise to identify your negative beliefs and feelings about taking action and then go back and tap on these issues to clear them away.

Exercise: Getting Clear about Your Roadblocks

To get clarity about what's holding you back, focus on the next step to take to achieve your goal and finish the following sentences:

1. I'm afraid to take this action because…

2. If I take this action, something bad might happen like…

3. I can't take this action because…

4. I won't succeed at taking this action because…

5. Taking this action reminds me of…

Each answer to these questions points out additional negative beliefs or memories that you have that are holding you back from taking action to achieve your goal.

Use this list as a starting point to clear away these mistaken beliefs and painful memories. Listen to the recorded process R12 for *Fear of Taking Action* or any others that are active for you now. You can go through the scripts in Chapter Twenty-Two and/or devise your own to clear away these negative feelings and beliefs. Once you do, you'll find a natural enthusiasm about taking the next step bubbling up to the surface again. And you'll be ready to go for it.

Resistance as Inner Wisdom

If you've cleared your fears of taking action and you are still feeling some resistance to moving forward, it could be a message from your inner wisdom. Perhaps the next step you are contemplating is based on what you think you "should" do rather than on what you are inspired to do.

It might be helpful at this point to take a step back and reevaluate your Game Plan. Is there another way that you could proceed that would be more enjoyable to you? To explore this further, you can use the recorded process R22 *Connecting With Your Inner Guidance* and ask yourself this question. You can also use some of the exercises in *Chapter Fourteen: Receiving Guidance and Inspiration to Help You Achieve Your Goal* to help you get additional clarity about what this resistance is telling you. Play and explore with these processes. It is likely that there is another way to proceed that will feel more inspiring and enjoyable to you. Once you discover this alternative step, you will feel much more enthusiastic about taking action based on this guidance from within you.

The next chapter introduces the important step of actually taking inspired action to achieve your goal.

CHAPTER SIXTEEN

Taking Inspired Action

"Leap and the net will appear."

John Burroughs

Taking inspired action is a natural process after all this internal work that you've done. Once you clear the fears and other issues that are blocking your path, taking action will sound like fun. You'll be excited and inspired to take the next step. And if you're not, go back to the last chapter and tap, tap, tap! ☺

As I said in the last chapter, if you're not ready to take action, that means there's something else to be addressed.

If you feel afraid, find the appropriate tapping process and tap it away. Listening to the R12 *Fear of Taking Action* recorded process should be particularly helpful at this stage.

If you don't know what to do next, then go back to *Chapter Fourteen: Receiving Guidance and Inspiration to Help You Achieve Your Goal* to get more clarity. Then move back to the next step of clearing any fears of taking the actions you're being guided to take.

At this point, it's time to choose an action to take and do it. Look at your Game Plan and get started! It doesn't really matter where you start; just start where you are inspired to start. Your path will unfold with each step. You may not know exactly how to do the steps you'll need to take twenty steps down the line, but that's OK. By the time you get there, your wisdom will guide you. You will find the resources and support you need to take each step once you clear your internal fears and issues about each action.

Just take one step at a time and you will get there. As Lao Tzu, the great Chinese sage who wrote the *Tao Te Ching* said, *a journey of a thousand miles begins with a single step*. You will get there, one step at a time.

So, take one step now.

CHAPTER SEVENTEEN

Your Weekly Gratitude and Planning Session

As we touched on in previous chapters, at the end of each week, I encourage you to have a *Weekly Gratitude and Planning Session*. This practice gives you a regular opportunity to acknowledge and appreciate the progress you are making. It also helps you see where you may be stuck and helps you focus on developing a plan for addressing whatever issues may be keeping you from moving forward. And it helps keep you focused on your goal and the next steps to take to achieve it.

Before we go into the steps of the *Weekly Gratitude and Planning Session*, I'd like to go over why this process is such an important part of feeling inspired and being successful.

The Benefits of Gratitude

Feeling gratitude is an important tool for inspiration, confidence, and success that is often overlooked. It's very helpful to regularly express gratitude and appreciation for yourself, for your progress, for the support you've received at each step, and for the success that is coming. This practice will help keep you encouraged and motivated and the energy of gratitude keeps the doors open for more good things to flow to you to help you achieve your goals.

It is helpful to acknowledge the incremental successes you experience along the way as well as express gratitude to yourself and anyone else who has helped you along the way, including the wisdom within you. Synchronicities, coincidences, chance meetings, and other opportunities coming together for you are a manifestation of you aligning your energy with what you want to create. Remember, as we discussed in the *Law of Attraction* chapter, keeping your energies open and aligned with your goal will help attract success to you. And feeling gratitude and appreciation on a regular basis is a wonderful way to keep your energies open to receiving what you want.

An important benefit of your *Weekly Gratitude and Planning Session* is that it gives you a regular opportunity to feel good about what you've accomplished so far. As I've said, this practice will help keep you encouraged and motivated as you follow your path.

So, let's get started!

Steps for Your Weekly Gratitude and Planning Review Session

Before you start, get a nice cup of tea, put on some of your favorite music, and/or do whatever sounds good to you to nurture yourself as you go through this session. Make it feel like a special occasion, because it is.

Step One: List Your Progress Over the Last Week

If this is your first Gratitude and Planning Session, list what you did over the last week to move toward your goal. This list will include everything you did as part of following *Your Inspiring Life* over the last week, including investing in yourself by buying *Your Inspiring Life*. You'll want to include your *internal* progress such

as clearing your issues, visualizing, planning, etc. and your *external* progress, including the concrete actions you've taken toward accomplishing your goal. I'll go into more detail about internal and external progress in Step Five below.

In each weekly session after the first one, look at the objectives you set in last week's session. List what you did to move toward your goal over the last week, internal and external. You can use the following exercise to explore this further.

Exercise: Gratitude for Yourself and Your Progress

As part of your weekly review, answer the following questions:

- What good things have you done this week to take you closer to your goal?

- How many days did you follow *Your Inspiring Life*? Each one of those days is an accomplishment.

- Which of your internal and external objectives did you accomplish? Even if you didn't complete these objectives, did you make some progress?

- How are you feeling? Feeling good is great. Feeling less than good just means you're ready to clear away some negative beliefs and that is good, too. Often, as you go through *Your Inspiring Life*, you will have flashes of happiness and enthusiasm as you free yourself from your limiting beliefs and make progress toward your goal. Even if you're not there at the moment, did you have times this last week when you felt really good?

Step Two: Acknowledge your Progress and Celebrate Your Successes

Look over your list of what you've accomplished and give yourself a moment to appreciate that you really have taken steps toward your goal. You are that much closer to achieving it.

To help you with this, after you've read over your list of what you've accomplished, I encourage you to say out loud to yourself:

I really have taken steps toward my goal this week, internal and external. I am making progress toward feeling inspired in my life and achieving my goal and that feels good. I am celebrating my success. I'm doing great. I'm following my path. I love and honor myself for the person I am. I'm doing a great job. And I am grateful that success at my inspiring goal is getting closer with each step I take.

Try saying this while you are looking at yourself in the mirror; for some people, this can really enhance the power of this expression of gratitude for yourself.

Step Three: List Helpful Experiences and Synchronicities

Synchronicities are the meaningful coincidences that happen in everyday life that help you on your path. They might be something you heard on the radio, a comment someone made to you that had particular meaning for you, meeting someone who can help you, a bumper sticker you saw, finding a book that has just the information you need, or anything at all. As we discussed in the Law of Attraction chapter, synchronicities are one way that the Universe supports you in moving toward your goal. As Joseph Campbell says, *a thousand unseen hands* are here to help you on your path.

As part of your *Weekly Gratitude and Planning Session*, list any helpful experiences and synchronicities that happened this week. Use the following questions to help you with this step.

Exercise: Gratitude for Support and Synchronicities

- Who helped or supported you this week, in small or large ways? Someone did, even if it was just the mailman bringing you your mail. How did they help? Did you meet someone who can help you achieve your goal? Did someone say something that helped or encouraged you?

- Did you have any small or large synchronicities to encourage you on your path? Did you experience any coincidences that felt good?

- Did you receive any guidance from within, from the recorded process for this or elsewhere? Did you have any dreams, flashes of new ideas, and/or inspirations that might help you achieve your goal?

These are all gifts from the Universe, helping you to accomplish your goal. They are always there. Having a weekly process to review them and document them will help make you more aware and receptive to them when they come. By seeing and appreciating these helpful experiences and synchronicities, you are allowing the *thousand unseen hands* to help you on your path. If you think of it, write a quick note to yourself when these happen and set it aside for your weekly review here. As you do, you'll soon be amazed at how well the Universe is supporting you in accomplishing your goal.

To end this step, say thank you now to each of these helpful people and experiences in your mind. It feels good to recognize the help you received and express your gratitude for it. You can just say:

Thank you for all the help and support that I've received over the last week.

Step Four: Exploring Stuck Spots

Look at the objectives you didn't quite reach yet from last week's session. Use the following questions to explore why you may not have accomplished them.

Is it because you had too many objectives for last week?
If so, that gives you good information to help you adjust how much to expect of yourself each week. You can adjust your expectations for the coming week and still feel good about what you did accomplish.

Is it because you changed your Game Plan about how to achieve your goal and that step was no longer needed or something else needed to be done first?
That's wonderful information also. Take some time to adjust your Game Plan to reflect this new understanding you now have from your own experience. Every experience provides wonderful opportunities to learn and grow and help us move toward our goal more effectively and efficiently.

Did you have some issues or Yes-Buts come up that kept you from following this step?
If that's what seems to be at the core of why you didn't get a particular step done, then that's wonderful information also. You've got some direct feedback from yourself about what issues you need to clear to move forward on your goal. What limiting beliefs, expectations, fears, etc. are keeping you from going

forward? These are prime issues to be cleared for this coming week. This is excellent information from within you about the next issue to address in your tapping and clearing process. Put these at the top of your Internal Objectives list for next week. The next step will explain more about this list.

Step Five: Set this Week's Objectives

In this step you will set your objectives for the coming week. Objectives are the smaller steps you will take to achieve your larger goal. As you read through the following instructions, write down the objectives you will take in the next week to move your forward toward your goal.

Internal Objectives

These are the objectives that will help you to feel confident and successful from the inside out. These objectives include activities such as using EFT to clear negative beliefs and feelings, visualizing success, planning how to succeed at your goal, following guided meditations to access your innate well-being, etc.

Identifying Current Issues For Clearing

To help you identify your internal objectives for this coming week, answer the following questions:

- What issues and *Yes-Buts* are coming up that need some attention to clear them?

- What's behind any resistance to moving forward you may be feeling?

- What feelings are you having? What is the negative voice saying in your head to bring up that feeling?

Make clearing these issues part of your internal objectives for the coming week. Add any new issues you may be experiencing to your *Issues For Clearing* list. If nothing specific is coming to mind at the moment, just commit to clearing a certain number of issues from your existing *Issues For Clearing* list this week. You can also just commit to listening to a certain number of recorded EFT processes this week, i.e. one a day, cycling through each of them over time.

Do you have any past painful experiences or memories that are getting activated now?
Take this as a sign that the memory that's coming up is blocking your progress toward your goal and set a goal of clearing it this week using the *Clearing Painful Past Experiences* recording.

If there is a specific negative belief you've got coming up right now, ask yourself whether there is a specific past experience that taught you that belief. If so, make one of your internal objectives to clear the memory that's related to this belief using the R20 *Clearing Painful Past Experiences* recording. Often, in clearing the painful past memory, the mistaken "lessons" we learned from that experience get cleared away as well.

External Objectives

These are the concrete steps you will take to move forward on your goal. For example, if your goal is to be a successful artist, then finishing a painting over the next week could be your next external objective. Look at your Game Plan. What's the next concrete step to take to achieve your goal? Make this your first

external objective for the week. Include as many steps as you feel are comfortable and doable for you. Every step you take will move you closer to what you want to accomplish. Make sure the steps are realistic and small enough to be able to actually get them done.

If you have anxiety or other issues coming up as you make your commitment to taking these concrete steps, write down what you're feeling and thinking (your *Yes-Buts*) and put those at the top of your internal objectives list for clearing in the coming week.

Renewing Your Commitment to Your Goal

Once you have written your list of Internal and External Objectives for the coming week, print out and complete the Commitment To Your Goal statement on the next page. Read it out loud to yourself as part of renewing your commitment to achieving your inspiring goal.

My Commitment to My Goal For This Week

I am committed to making progress toward my Inspiring Goal of…

_____

_____

_____

_____

_____

This means that, as part of my commitment to myself and my goal, in the coming week I will work on completing the internal and external objectives described on my Objectives List.

I commit to doing my best to accomplish these objectives in the coming week and I choose to be kind to myself in the process. It is my intention to enjoy each step of my inspiring journey and each moment that I am in.

Signed: _____

Date: _____

Gratitude and Celebration of Progress Audio Journey

At the end of your Planning and Progress Review Session, simply listen to the R25 *Gratitude and Celebration of Progress* recording included in *Your Inspiring Life*.

Then, I encourage you to do something nice for yourself. Go outside and feel the sun on your smiling face, pick yourself some flowers, go buy yourself some strawberries, call a supportive friend, go someplace you enjoy, take a walk in nature, put on some great music and dance around. Do something fun for yourself. You are really making progress toward your goal. And you are living your inspiring life. It's time to celebrate!

This *Gratitude and Planning Session* is an important part of feeling inspired and happy in your life as well as succeeding at your heartfelt goal. Don't skip this step… it's good for you and it feels good, too. What could be better?

In the next chapter, we'll go over how to cycle through these steps to help you on your journey as you create a life of inspiration and well-being in every area of your life.

CHAPTER EIGHTEEN

Cycle Through These Steps To Success

Continue Down the Path of Inspiration and Success

Continue through this process, using all the steps and resources in *Your Inspiring Life*, until you've achieved your heartfelt goal. As you need to, cycle back to where ever makes sense for you. If you want to reevaluate your goal, start from step one and work your way through again. If you're sure of your goal, then you can just cycle through the steps from identifying and clearing your limiting beliefs and negative feelings through taking inspired action and back around again. If you need help with one step in particular, then you can just go right to that section of *Your Inspiring Life* and work your way through it at a deeper level that before.

Once you have achieved your first goal, you can then start at the beginning again and go through the Program with another goal. In this way, you will gradually and progressively transform yourself and your life. The possibilities and potential of your inspiring life are truly unlimited.

The Steps of Your Inspiring Life

To review, here is a list of the steps to take to create a life of inspiration and well-being and achieve your heartfelt goals:

1. Identify your inspiring goal.
2. Identify your *Yes-Buts* and *Issues For Clearing.*
3. Tap on these *Issues For Clearing* and others that arise at each step.
4. Create your Inspired Vision.
5. Regularly energize your Inspired Vision.
6. Regularly connect with your inner wisdom and unconditional well-being.
7. Create a Game Plan for achieving your goal, step-by-step.
8. Take inspired action toward your goal.
9. Review and celebrate your progress toward your goal, internal and external.
10. Continue cycling through the steps until you have reached your inspiring goal. And then celebrate your success!

This is the ten step process that will help you live an inspiring life as you succeed at one heartfelt goal after another. Believe in yourself enough to stick with it. And be kind to yourself. You are facing and clearing a lifetime of issues that have been keeping you from creating and living your inspiring life up to this point. Remember, just as I say on the recordings, every step you take brings you closer to living from that place of wisdom, love, and confidence that's always within you.

Know that the internal work you are doing now is building a strong foundation within you to build your life upon from this point forward. There's no limit to what you can be or do or have, other than the ones you impose on yourself. And you can release those using *Your Inspiring Life*.

In the next chapter, we begin *Part Two* of this book which covers the Tools and Resources in *Your Inspiring Life* and how to use them to your fullest advantage.

PART TWO

The Resources in Your Inspiring Life

Tools for Releasing Limitations and Negative Beliefs
and Living Your Inspiring Life

In this part of the book, we will cover a variety of additional useful tools and resources that you may use as you proceed through Your Inspiring Life.

Topics include:

- *What is EFT?*
- *EFT Quick Start Guide*
- *Recorded Tapping Processes*
- *Scripts for Self-Guided Tapping*
- *Self-Created Tapping Guidelines*
- *Meditation and Grounding Processes*
- *Dealing with Intense Emotions*
- *What to Do if You are Not Making Progress with EFT*
- *Dealing with Roadblocks and Setbacks Along the Way*

CHAPTER NINETEEN

What is EFT? An Amazing Tool for Transformation

One of the key components of the work we are going to do together in *Your Inspiring Life* is a process called Emotional Freedom Techniques, or EFT, which was developed by Gary Craig. I've been studying and exploring the field of psychology for over twenty years now, and I've never found anything as powerfully effective as this simple, amazing technique. Combined with the power of guided visualization and clear intentions, EFT will blast through your limitations and help propel you forward in the direction of your dreams.

What is EFT?

EFT is a revolutionary process that has the potential to truly transform your life... if you use it. Although EFT represents the cutting edge of psychology today in my opinion, its roots reach back thousands of years to Chinese Medicine acupressure healing techniques. Chinese Medicine has meticulously mapped out a number of energy channels called meridians that run through the body. When these meridian flow channels become distorted or blocked, disease and disharmony are the result. With EFT, specific activating points for each of these meridians are stimulated by simply tapping or rubbing a series of nine key places on your face and body. When these points are stimulated, the energy systems in the body open and a healthy flow of energy is restored.

The breakthrough concept that EFT brings to Chinese Medicine and psychology is the pairing of an emotionally painful or disruptive idea or memory with the tapping of these points. Whenever we have a negative emotion, it is a signal that our energy channels have constricted. Often, a negative idea or belief will trigger this constriction in the flow and a negative emotion will result whether its sadness, anger, fear, etc.

The interesting paradox of EFT is that by focusing on the negative beliefs and feelings you're having while you tap on the acupressure points, you are actually clearing them away.

To use EFT, you think about something that normally upsets you or takes you out of a feeling of well-being while you tap on the EFT points. In so doing, you will be retraining your energy system to release the constriction and stay open while you think of the painful idea or memory. As a result, you will feel a wonderful feeling of well-being quickly replacing your anxiety, fear, anger, sadness, self-doubt, and so on. As this happens, you are easily and gently releasing those old, unwanted painful emotions and beliefs in a very short time.

EFT reprograms the nervous system to release the intensity around any problem and lets your innate well-being and wisdom flow. Once the intensity decreases sufficiently, you will suddenly become aware of wonderful healing insights and/or feel a deep sense of peace, understanding, compassion, love, and acceptance related to the previously upsetting belief or memory. It's truly wonderful.

This deceptively simple yet powerful tool will be invaluable to you as you go through each step of *Your Inspiring Life*. Because at each step, you may have issues, fears, negative beliefs, and emotions of all shapes and sizes emerging

from the shadows. When you decide to take a big step forward toward something you've always wanted to achieve, it is very likely that there will be issues that get activated within you. There's a reason why you haven't followed this dream up to now in your life. And it's not because you're "lazy." It's because of those issues hiding in the shadows. EFT will give you a powerful floodlight to look those issues square in the eye and clear those shadows away.

I gratefully acknowledge Gary Craig as the originator of this simple yet profoundly effective process known as Emotional Freedom Techniques. To learn more about EFT and its many applications please see the *Helpful Additional Resources* section in the Appendix at the end of this book.

In the next chapter I will teach you the simple EFT procedure, a process that, along with the other elements of *Your Inspiring Life*, has the potential to truly change your life.

CHAPTER TWENTY

The EFT Quick Start Guide

EFT is really a simple process to learn. Once you've gone through a few rounds it will come naturally to you and you'll be able to use this wonderful tool anytime, anywhere, whenever needed. So, let's get you started!

Step One: The Reminder Phrase and Your Intensity Rating

At the beginning of each round of tapping on an issue, you're going to start by noting how intensely you're feeling the issue you're addressing. To do this, first, come up with a brief description of the issue with a simple phrase we call *The Reminder Phrase*, such as *I don't believe in myself and my abilities.*

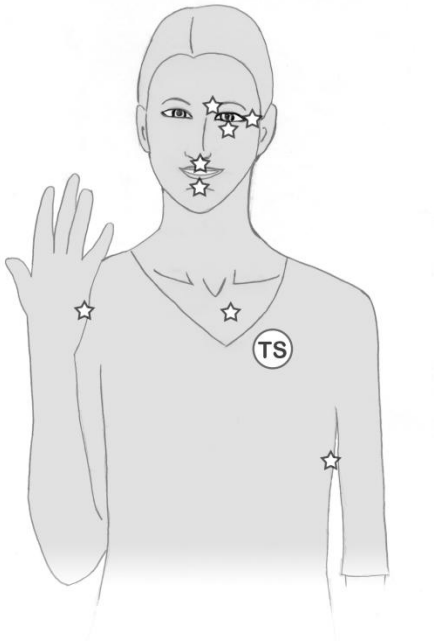
Then, name the feeling you're having related to this issue: fear, anxiety, sadness, regret, guilt, anger, frustration, shame, etc. Add this to your reminder phrase. i.e. *This sadness that I don't believe in myself and my abilities.*

Next, give your feeling an intensity rating from 1-10, one being little or no intensity and ten being the highest intensity. If you don't feel any intensity at the moment, that's fine, too. This process will still take care of the latent negative beliefs as you tap along. An alternative is to rate the statement according to how much you believe it on a scale of 1-10, one being no belief in the statement and

ten being absolute belief in it. Your goal then would be to reduce how much you believe this negative idea.

This rating process gives you a feeling for where you're starting. This is also helpful because EFT is so effective at releasing intensity around painful, stuck issues that you may not even remember that you had that much intensity about it after you've used the tapping process to clear it.

Please refer to the following diagram for an illustration of the points.



Step Two: Rubbing the Tender Spot with the Set-Up Phrase

First, you will be rubbing what we call *The Tender Spot* on your chest. To locate this energy point, begin at the base of your throat and find the u-shaped indentation there. From this spot, go down about three inches and then three inches over on either side. Feel around in that general area for a tender spot.

When you find it, you'll know. In the illustration above, the Tender Spot is found at the circle with the letters TS in it. This is the area you will rub at the beginning of every tapping round. Over time, this spot will become less tender as it is regularly activated.

While rubbing this spot, say a simple Set-Up Phrase which consists of briefly stating the problem and ending with a positive statement like this one:

Even though I have this (state the problem), I choose to love and accept myself just the way I am.

Repeat this Set-Up Phrase three times as you continuously rub on the Tender Spot on your chest.

If you prefer, you can tap on the Karate Chop point on the side of your hand as you say this initial Set-Up Phrase three times instead of rubbing on the Tender Spot. This Karate Chop / Side of the Hand point is described below.

The Tapping Points

I'm now going to review the key tapping points that you will be using in *Your Inspiring Life*. Please refer to the illustration above for additional clarification of where to find these points. It doesn't matter which side you tap on or which hand you use. You'll want to use a couple of fingers to tap with a moderate amount of pressure to be sure you're activating the point. Your tapping certainly shouldn't be hard enough to hurt.

Be aware, however, that some of the points are likely to be tender on you; this indicates that these are places in your energy system that need attention. As

you tap regularly and open your energy meridians, these spots will likely become much less sensitive.

The Points

1. The first one is right on top of the beginning part of your eyebrow.

2. The second is at the outer corner of your eye socket, right on the bone there.

3. The third is under your eye at the edge of the eye socket bone as well, directly down from your pupil when you are looking straight ahead.

4. The next point is just above your upper lip, half way between the base of the nose and the lip in that indentation there.

5. The next point is on your chin right at the fold about halfway between the lower lip and the tip of your chin.

6. The next point is just below your collarbone. To find this point, go back to that u-shaped indentation at the base of your throat and go about one inch down and one inch over, just under your collar bone.

7. The next point is under your arm, about four inches below the armpit on the side of your body. For women, this is usually right in the middle of your bra strap.

8. The next tapping point is on the side of your hand at what we also call the Karate Chop point. This point is about halfway between the base of your

pinkie and your wrist, at that fleshy part on the side of your hand. This is the part you want to tap on.

Step Three: Tapping with the Reminder Phrase

Next, you say the simple Reminder Phrase you came up with before as you tap on each of these tapping points about seven times each. For example, as you tap on each point, you would say, *This sadness that I don't believe in myself and my abilities.*

When you get to the Karate Chop point, repeat the Set-Up phrase from above as you tap. For example, you might say, *Even though I have this sadness that I don't believe in myself and my abilities, I choose to love and accept myself just the way I am.*

Step Four: Addressing the Remaining Intensity

Now, give the feeling or belief a new intensity rating on a scale of 1 - 10. Generally, these feelings and belief ratings will have improved by the end of one round of tapping, but you may find you still have some residual feelings at the end. If there's still some intensity left, then continue to repeat the process until you get the belief or feeling down to a zero or a one rating. As you repeat the process, acknowledge the success you've had by stating the Set-Up Phrase as "Even though I still have *some of this* (state the problem)…" and state the Reminder Phrase as "This *remaining* (state the problem)."

When you still have some residual intensity after one round, I'd really encourage you to go ahead and tap through the process once or twice more to release these remaining feelings. Often, this is all that is needed to shift the energies

dramatically and afterwards, you'll find yourself feeling much more peaceful and centered. Remember, it only takes a few minutes to do one round. Your emotional well-being and your potential for achieving your goals and living a life of inspiration are worth a few extra minutes.

The Nine Gamut Point

The last point we'll use in the Program is called the Nine Gamut Point and it is used to help balance and align your energies so you can clear an issue more easily. This point is on the back of your hand, between your ring finger knuckle and pinkie knuckle about one inch up between the two tendons there. We'll be using this process frequently in the recorded processes.

When Things are Not Shifting

Occasionally, an issue does not seem to shift even after a round of EFT. When this happens, there are several potential causes as well as simple remedies to address them. Please go to chapter *Twenty-Six: What to Do If You are Not Making Progress with EFT* for guidelines help you move through this situation.

The Nine Gamut Procedure

One simple process that often helps when you are not making progress is the Nine Gamut Procedure. This process helps you release any unconscious resistance to releasing this problem that you may have.

To do the Nine Gamut Procedure, continuously tap on The Nine Gamut Point on the back of your hand. Again, this point is between the knuckles of your pinkie

finger and your ring finger about one inch up. As you tap this point, do the following to balance both hemispheres of your brain:

1) Close your eyes 2) Open your eyes 3) Look down hard to the right 4) Look down hard to the left 5) Roll your eyes around in a circle 6) Roll them the other way 7) Hum two seconds of a song 8) Count to five 9) Hum two more seconds of a song.

Right after you do the Nine Gamut Procedure, do another round of tapping. You will usually find that this process helps you release the negative intensity around the issue. You may feel a little silly doing this process at first, but give it a try. It really works.

And that's all there is to it. You'll get the hang of using EFT very quickly and it will soon become second-nature to tap these points. As you use EFT to rebalance your energy system while you are activating the negative emotion, you are reprogramming your system to release the intensity around a problem and let your innate well-being and wisdom flow.

A Quick Reference For You

On the next two pages is a simple reference for how to do the EFT process. You can print out this summary so you've got it in front of you when you're doing the various tapping processes.

Quick Reference Guide

To the Basic EFT Process

Step One: The Set-Up Phrase

Repeat the following affirmation three times while continuously rubbing the Tender Spot (3" down and 3" over from that u-shaped indentation at the base of your throat) or tapping the Side of the Hand Spot: "*Even though I have this (state the problem), I deeply and completely love and accept myself."*

Step Two: The Basic Sequence

Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point.

Eyebrow	"*This (state the problem)"*
Side of the Eye	"*This (state the problem)"*
Under the Eye	"*This (state the problem)"*
Under the Nose	"*This (state the problem)"*
Chin at the Ridge	"*This (state the problem)"*
Collarbone 1" Down and 1" Over	"*This (state the problem)"*
Under Arm about 4" down	"*This (state the problem)"*
Side of the Hand	"*This (state the problem)"*

*Step Three: Restate the Set-Up Phrase above while tapping on the Side of the Hand Spot: **"**Even though I have this (state the problem), I deeply and completely love and accept myself*." Take a deep breath at the end of each round.

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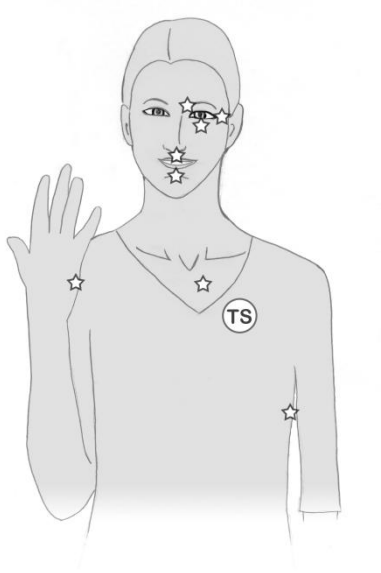

Step Four: Repeat Steps One through Three until the Intensity is down to a Zero or One. As you repeat the process, acknowledge the success you've already experienced by stating the Set-Up as: "*Even though I still have <u>some of this</u> (state the problem)…"* and state the Reminder Phrase as: *"This <u>remaining</u> (state the problem)."*

The Nine Gamut Procedure

If you are not making progress with EFT, use the following process to release any unconscious resistance to releasing this problem. Continuously tap on the Nine Gamut Point on the back of your hand. This point is between the knuckles of your pinkie finger and your ring finger about one inch up on the back of your hand. As you tap this point, do the following to balance both hemispheres of your brain:

1) Close your eyes 2) Open your eyes 3) Look down hard to the right 4) Look down hard to the left 5) Roll your eyes around in a circle 6) Roll them the other way 7) Hum two seconds of a song 8) Count to five 9) Hum two seconds of a song.

Remember, if you are still not making progress with EFT, then see *Chapter Twenty-Six: What to Do If You're Not Making Progress with EFT* for additional ideas.

Essentially, that's all there is to using EFT. In most cases, you will be able use this simple procedure to clear all kinds of negative emotions and beliefs. Don't let the simplicity of the process fool you, however. It truly is a powerful tool that can help you in every area of your life.

In the next chapter, we will go over how to use the library of recorded tapping processes that you will be listening to throughout *Your Inspiring Life*.

CHAPTER TWENTY-ONE

Following the Recorded Tapping Processes

To begin clearing away the negative beliefs and feelings on your *Issues For Clearing* list*,* start by tapping on the recorded processes that resonate most deeply for you. To do this, look at your highest-priority negative feeling or belief from your *Issues For Clearing* list and then choose the best match for it on the following list of recorded processes from the *Your Inspiring Life Audio Journey Library*.

For example, if you have a *Yes-But* on your list related to your goal of running a marathon that goes like this: *I just don't feel like running every day to train.* You would then probably use the recording R8 for *Procrastination and Lack of Motivation*. If you want to start a home-decorating business and you have a *Yes-But* that goes like this: *I'm not a good enough decorator to do that.* Then you might use the recording R7 *Afraid You're Not Good Enough to Achieve Your Goal.*

These recorded processes address the essential issues that people generally experience when they are reaching for a new goal that stretches them to explore new aspects of themselves. It's a good idea to regularly cycle through listening to each recording in the library. There is a cumulative effect when you are clearing more global beliefs like these. Over time, regular tapping on these issues will clear them away. As I've mentioned before, each round of tapping is

like peeling away a layer of an onion. After a while, the issue will be completely gone and you will be free to express who you are without limits.

Before you start listening to a recorded process, think about how the recording's target issue relates to your own life. If there is a particular area of your life that you feel this issue applies to, focus a bit on that before you start listening to help your consciousness target the tapping toward your specific issue. This will help you feel the intensity about it as well which will help you clear the emotional charge from the issue being addressed with the tapping process. Understanding your personal connection to each recording will make the EFT process even more effective for you.

The Recorded Tapping Processes

R1 *FIRST Your Inspiring Life Recording*

R2 *Anxiety and Deep Self Doubt*

R3 *Afraid to Make Mistakes*

R4 *Fear of Failure*

R5 *Not Believing In Yourself and Your Abilities*

R6 *Not Feeling Confident and Doubting Your Ability To Succeed*

R7 *Afraid You're Not Good Enough to Achieve Your Goal*

R8 *Procrastination and Lack of Motivation*

R9 *Wanting to Give Up*

R10 *Worry About What Other People Think of Me*

R11 *Feeling Nervous and Insecure*

R12 *Fear of Taking Action*

R13 *Fear of Success*

This is a common shadow issue that people often have to deal with before they allow themselves to be successful.

R14 *Difficulty Hearing and Following Your Inner Guidance*

This process is helpful if you are having difficulty with the *Connecting with Your Inner Guidance* recorded process as well as any other time you're dealing with this issue.

R15 *Feeling Discouraged at Setbacks When Things Aren't Going Right*

R16 *Feeling Like a Loser Who Will Never Succeed*

R17 *Inherited Anxiety and Self-Doubt*

This process addresses the idea that we inherit these tendencies through exposure to them in our families and through our actual DNA.

R18 *Not Wanting to Let Go of Anxiety and Self-Doubt*

This is also a shadow aspect of us that we may not recognize but often influences our lives nevertheless.

R19 *Sadness about Feeling Not Good Enough and Not Feeling Able to Love Myself*

This is a nice process that seems to get to the heart of things. Almost everyone has had the feeling that they are not good enough at one time or another. Well-being and success will grow from the foundation of releasing judgments of ourselves and loving ourselves as we are. This recording is a good tonic for that.

R20 *Clearing Painful Past Experiences*

The full scripts of each of these recorded processes is included in Part Thr*ee* of this book. You can use these scripts to tap along with the recordings, to read and follow at your own pace, and/or use them as a starting place for developing your own specific processes.

Before you begin listening to these recordings, if you have not already, please refer to the *Quick Start Guide* in the last chapter to familiarize yourself with the tapping points. As you listen to the processes, write down the changes in

intensity based on a scale of 1 - 10. Usually, every time you listen to these recordings, the intensity level will decrease.

However, if you seem to reach a level where you're not seeing any improvement, you are probably what we call *psychologically reversed*. This means that some part of you is not ready to release this mistaken belief or negative feeling. In these cases, please refer to *Chapter Twenty-Six: What to Do If You Are Not Making Progress with EFT* which will walk you several simple strategies to clear this resistance.

A Note about Using These Recordings in the Car

You can easily listen to these tapping recordings in the car. This is often a great way to make positive use of commuting or travel time and you'll feel much calmer as you drive. Just leave out any parts that would interfere with driving safety, like the eye movements of the Nine Gamut procedure. For the side of the hand point, you can just tap on the steering wheel with the side of your hand. Of course, use your own judgment about this. If it is too distracting or if the driving conditions are challenging, don't tap while driving. You can still just listen to the Positive Affirmations recordings as you drive along, even without tapping.

In the next chapter, we'll go over the brief written scripts you can use on your own to address more specific issues that may be affecting your ability to feel confident and be successful.

CHAPTER TWENTY-TWO

Scripts for Self-Guided Tapping

Once you have familiarized yourself with the EFT tapping process through listening to the recorded processes, you'll be ready for the second step. You can use the following written scripts to help you identify and address more specific issues that may be keeping you from fully experiencing the well-being, inspiration and success that you want.

The scripts below are organized by theme with alpha-numeric designations so you'll be able to refer back to them easily. Circle the numbers of the ones that feel relevant to you now and that bring up an emotional charge when you read them. Using the basic EFT process, start with the ones that have the highest intensity rating for you and tap on each one until you get your rating down to a zero or one. State the included affirmation at the Side of the Hand point at the end of each round.

For these Self-Guided Tapping processes follow these steps:

1. Choose the script that has the most emotional charge for you and/or best reflects the next issue from your *Issues For Clearing* list. Feel free to adapt the wording of the written script to better fit your specific issue as needed.

2. Use the standard EFT tapping format to release these issues. For ease of reference, I've included a summary of these steps here:

    a. Rub the Tender Spot as you state the Set-Up Phrase three times as follows: *Even though (state the reminder phrase from the script), I deeply and completely love and accept myself just the way I am.*

    b. Tap on each of the points stating the reminder phrase as follows:

        - Eyebrow: *(State the reminder phrase from the script)*
        - Side of the Eye: *(State the reminder phrase from the script)*
        - Under the Eye: *(State the reminder phrase from the script)*
        - Upper Lip: *(State the reminder phrase from the script)*
        - Chin: *(State the reminder phrase from the script)*
        - Collarbone: *(State the reminder phrase from the script)*
        - Under the Arm: *(State the reminder phrase from the script)*

    c. At the Side of the Hand point, state the Side of the Hand Set-Up Phrase for the issue from the chosen script below.

    d. Take a deep breath and check your intensity level again.

    e. If the intensity rating is lower but not completely cleared, continue repeating this process until you get your intensity rating down to a one or a zero. As you repeat the process, acknowledge the success you've had by stating the Set-Up Phrase as "Even though I still have *some of this* (state the problem)… and state the Reminder Phrase as "This *remaining* (state the problem)."

f. If you are having difficulty getting the rating to come down, try the Nine Gamut Procedure and/or refer to the suggestions in *Chapter Twenty-Six: What to Do If You Are Not Making Progress with EFT*.

3. Continue to clear your issues in each of your *Inspiring Life* Sessions. Clear the issue with the next highest level of intensity for you until you are done with your list.

SCRIPTS TO ADDRESS ADDITIONAL ISSUES FOR CLEARING

Lack of Confidence, Self-Doubt, and Lack of Belief in Self

S1 Reminder Phrase: *I don't have a consistent sense of confidence in myself*

Side of the Hand Set-Up Phrase: *Even though I don't have a consistent sense of confidence in myself, I choose to now know throughout my being that I am capable of succeeding at whatever I set my mind to.*

S2 Reminder Phrase: *I doubt myself and my abilities*

Side of the Hand Set-Up Phrase: *Even though I doubt myself and my abilities, I choose to know, deeply and completely, that I have useful and valuable skills and abilities*.

S3 Reminder Phrase: *Part of me believes I don't know enough to succeed.*

Side of the Hand Set-Up Phrase: *Even though part of me believes I don't know enough to succeed, I choose to know that what I have to offer and who I am right now IS good enough to succeed. And I will continue to learn and grow further as I continue to do what gives me joy. My intuition and my core self are perfect just the way they are. I choose to begin my success with what I know right now.*

S4 Reminder Phrase: *Part of me doesn't believe in myself and what I have to offer the world.*

Side of the Hand Set-Up Phrase: *Even though part of me doesn't believe in myself and what I have to offer the world, I choose to believe in myself now and connect with the deeper part of me that knows that what I have to offer is just what the world is looking for. There are people out there seeking just what I have to offer and will be so happy to receive it.*

S5 Reminder Phrase: *I doubt that I really have anything of value to offer.*

Side of the Hand Set-Up Phrase: *Even though I doubt that I really have anything of value to offer, I choose to know that I do have wonderful, valuable gifts to share that are unique to me. I choose to know that my heart guides me in the right direction always and I'm never given a desire without also being given the ability to achieve it.*

S6 Reminder Phrase: *Part of me has no confidence in my ability.*

Side of the Hand Set-Up Phrase: *Even though part of me has no confidence in my ability, I choose to know I have great and wonderful abilities that are unique to me. I choose to have total self-confidence and to succeed at whatever I set my mind to.*

S7 Reminder Phrase: *Part of me is full of self-doubt.*

Side of the Hand Set-Up Phrase: *Even though part of me is full of self-doubt, I choose to release this feeling and connect with the part of me that is absolutely sure of myself and knows I will succeed at whatever I set my mind to.*

Fear of Failure

S8 Reminder Phrase: *Part of me believes that no matter what I do, I will fail so it's better to not even try.*

Side of the Hand Set-Up Phrase: *Even though part of me believes that no matter what I do, I will fail so it's better to not even try, I choose to release this mistaken belief and know that the only way I could fail is if I gave up. I choose to continuously move forward toward achieving my heartfelt goals until I succeed. Therefore, I know that I will always succeed!*

S9 Reminder Phrase: *Part of me is scared that what I do won't work out the way I want it to.*

Side of the Hand Set-Up Phrase: *Even though part of me is scared that what I do won't work out the way I want it to, I choose to trust the process and know that everything will work out beautifully.*

S10 Reminder Phrase: *Part of me believes that everything I try falls apart.*

Side of the Hand Set-Up Phrase: *Even though part of me believes that everything I try falls apart, I choose to release this mistaken belief now. I intend that everything I do will be successful.*

S11 Reminder Phrase: *Part of me sabotages my efforts because it believes I will fail anyway.*

Side of the Hand Set-Up Phrase: *Even though part of me sabotages my efforts because it believes I will fail anyway, I choose to release this old pattern and mistaken belief and know that I will succeed from now on.*

S12 Reminder Phrase: *Part of me finds busy work to do instead of taking real action toward my goals.*

Side of the Hand Set-Up Phrase: *Even though part of me finds busy work to do instead of taking real action toward my goals, I know this is because I'm afraid to face the tasks ahead. I choose to release my fears and trust that taking action toward my goals will feel wonderful. I choose to make my priority each day to take at least one action that will bring me closer to success.*

S13 Reminder Phrase: *It hurt so much when I've failed in the past.*

Side of the Hand Set-Up Phrase: *Even though it hurt so much when I've failed in the past, I choose to release that pain now. I know I did the best I knew how at the time. I choose to remember what I learned from those experiences. Whenever I learn something valuable, the experience was not a failure. And so I now recognize that those experiences were not failures, they were just part of my journey toward a life of inspiration and success.*

Tendency to Give Up and Feel Depressed

S14 Reminder Phrase: *I give up on my goals and dreams because I don't believe in myself.*

Side of the Hand Set-Up Phrase: *Even though I give up on my goals and dreams because I don't believe in myself, I choose to release that old pattern and believe in myself and my abilities completely now. I choose to follow my dreams with strength and commitment.*

S15 Reminder Phrase: *I seem to lose interest as an excuse to not really try.*

Side of the Hand Set-Up Phrase: *Even though I seem to lose interest as an excuse to not really try, I choose to release that old pattern and the underlying fear that goes along with it. I choose to pursue my goals with passion and enthusiasm.*

S16 Reminder Phrase: *I don't fully commit myself to my goals because I'm afraid deep down that I'll just fail anyway.*

Side of the Hand Set-Up Phrase: *Even though I don't fully commit myself to my goals because I'm afraid deep down that I'll just fail anyway, I choose to release that old pattern and fully commit myself to my goals now. I know that when I fully commit myself, magic happens and the Universe opens many doors to help me succeed.*

S17 Reminder Phrase: *Part of me just wants to give up.*

Side of the Hand Set-Up Phrase: *Even though part of me just wants to give up, I choose to release this tendency and commit 100% to achieving my heartfelt goals. I will continue, step by step, until I succeed. Therefore, I know I will succeed.*

S18 Reminder Phrase: *It hurts me in my heart when I give up.*

Side of the Hand Set-Up Phrase: *Even though it hurts me in my heart when I give up, I choose to release this pain now. I choose to know I've always done the best I knew how at the time. I choose to love and forgive myself for ever giving up.*

S19 Reminder Phrase: *Giving up feels like just another failure that proves I'm worthless and don't have anything of value to offer.*

Side of the Hand Set-Up Phrase: *Even though giving up feels like just another failure that proves I'm worthless and don't have anything of value to offer, I choose to release that mistaken judgment now. I choose to know*

that I have immeasurable value just because I am me. I choose to know that what I have to offer is of great value and I intend to succeed. And I now choose to go for my goal until I achieve my success.

S20 Reminder Phrase: *Part of me thinks that it's better not to expect anything to really come of what I do because then I won't be so destroyed when I inevitably fail.*

Side of the Hand Set-Up Phrase: *Even though part of me thinks that it's better not to expect anything to really come of what I do because then I won't be so destroyed when I inevitably fail, I choose to release this mistaken idea and know that my intention to succeed is a powerful motivator and magnet drawing success to me now. I choose to know that it is safe to expect success.*

S21 Reminder Phrase: *Part of me believes that it's better not to try because it hurts so much when I fail.*

Side of the Hand Set-Up Phrase: *Even though part of me believes that it's better not to try because it hurts so much when I fail, I choose to release this mistaken belief and release my judgments of what happens. I choose to allow whatever happens to guide me further down the path of true success and well-being.*

S22 Reminder Phrase: *I feel so sad at times because some part of me believes I'll never really succeed at my goals.*

Side of the Hand Set-Up Phrase: *Even though I feel so sad at times because some part of me believes I'll never really succeed at my goals, I*

choose to release that mistaken belief and the sadness that goes along with it. I choose to believe in myself and my ability to succeed. I intend to continue on step-by-step until I do succeed.

S23 Reminder Phrase: *I feel sadness and regret for what might have been if I had believed in myself enough to follow my dreams in the past.*

Side of the Hand Set-Up Phrase: *Even though I feel sadness and regret for what might have been if I had believed in myself enough to follow my dreams in the past, I deeply and completely love and accept myself. I choose to have compassion for the person I was and know that I am now clearing the emotional blocks that have kept me from success in the past.*

S24 Reminder Phrase: *I'm afraid I'll still be in this same sad place ten years from now, wanting to succeed but doubting myself too much to do anything about it and regretting all the lost possibilities.*

Side of the Hand Set-Up Phrase: *Even though I'm afraid I'll still be in this same sad place ten years from now, wanting to succeed but doubting myself too much to do anything about it and regretting all the lost possibilities, I choose to release that fear and change things now. I choose to know that Your Inspiring Life is truly powerful and is helping me release myself now from those old painful patterns. I am committed to awakening that feeling of true confidence and inspiration within me. I know I will achieve my goals.*

S25 Reminder Phrase: *I have all these negative feelings and beliefs about giving up on my goals and dreams.*

Side of the Hand Set-Up Phrase: *Even though I have all these negative feelings and beliefs about giving up on my goals and dreams, I choose to release them now. I choose to feel true self-confidence now and to succeed at whatever I set my mind to.*

Feeling Worthless

S26 Reminder Phrase: *Part of me believes that what I do is worthless.*

Side of the Hand Set-Up Phrase: *Even though part of me believes that what I do is worthless, I choose to know that everything I do has great value in its own special way.*

S27 Reminder Phrase: *Part of me is scared that what I do won't be any good.*

Side of the Hand Set-Up Phrase: *Even though part of me is scared that what I do won't be any good, I choose to know that what I do is wonderful however it comes out. I know I will learn something valuable from each thing I do. I let myself enjoy the process as each step unfolds.*

Negative Self-Judgments

S28 Reminder Phrase: *Part of me believes that I'm just a loser and there's no way I could succeed.*

Side of the Hand Set-Up Phrase: *Even though part of me believes that I'm just a loser and there's no way I could succeed, I choose to release this useless, mistaken belief now. I now choose to define myself as truly successful. I am committed to succeeding at my goal and I know my success is inevitable. I feel success flowing to me now. I will persist at my heartfelt goal until I succeed.*

S29 Reminder Phrase: *Part of me believes I'm not good enough to succeed.*

Side of the Hand Set-Up Phrase: *Even though part of me believes I'm not good enough to succeed, I choose to release this mistaken belief and I affirm that I am good at what I do and I will succeed.*

S30 Reminder Phrase: *I feel discouraged because I feel like I should be better at this than I am.*

Side of the Hand Set-Up Phrase: *Even though I feel discouraged because I feel like I should be better at this than I am, I choose to release that feeling and understand that where I am is the perfect place to be. The next step will grow out of where I am now.*

Deserving Issues and Resistance to Success

S31 Reminder Phrase: *Part of me believes that I don't deserve to succeed.*

Side of the Hand Set-Up Phrase: *Even though part of me believes that I don't deserve to succeed, I choose to release this mistaken belief and know I do deserve to succeed. I was given this desire by my True Self and I have a right achieve it.*

S32 Reminder Phrase: *I feel guilty doing better than other people.*

Side of the Hand Set-Up Phrase: *Even though I feel guilty doing better than other people, I choose to release that guilt now. I know that we each choose our own path. My lack of success doesn't serve anyone's higher good. As a success, I can be an example to others of what they can achieve themselves. There's room for us all to succeed.*

S33 Reminder Phrase: *I'm afraid that other people might feel threatened and not like me if I succeed.*

Side of the Hand Set-Up Phrase: *Even though I'm afraid that other people might feel threatened and not like me if I succeed, I choose to release that fear now. I choose to attract into my life people who love and support me and celebrate my successes. I choose to be an example of joyful success to show people what is possible.*

S34 Reminder Phrase: *I'm afraid I might not like the person I have to be to succeed, that I might become arrogant and snobbish or other things.*

Side of the Hand Set-Up Phrase: *Even though I'm afraid I might not like the person I have to be to succeed, that I might become arrogant and snobbish or other things, I choose to release that mistaken belief now. I choose to be genuine and generous in my success.*

S35 Reminder Phrase: *A harsh voice inside me says, "Who do you think you are to think you could succeed at this?"*

Side of the Hand Set-Up Phrase: *Even though a harsh voice inside me says, "Who do you think you are to think you could succeed at this?" I choose to release that negative self-talk and instead, hear within, a new voice. It says, "You have a purpose to fulfill in your life, like every other person. Your heart guides you to that purpose. You are meant to succeed at that which gives you joy and satisfaction in life. Take one step at a time and you will succeed."*

Fear of Mistakes / Perfectionism

S36 Reminder Phrase: *Part of me believes that when I make a mistake, it means I'm worthless and unlovable.*

Side of the Hand Set-Up Phrase: *Even though part of me believes that when I make a mistake, it means I'm worthless and unlovable, I choose to release this mistaken belief now and love myself unconditionally. I choose to know that I determine my self-worth and I choose to value the effort I make to move forward toward my dreams, regardless of the outcome. I choose to be kind to myself as I follow my path.*

S37 Reminder Phrase: *Some part of me feels destroyed when I make a mistake.*

Side of the Hand Set-Up Phrase: *Even though some part of me feels destroyed when I make a mistake, I choose to love myself no matter what*

happens. I choose to gain valuable wisdom and knowledge from experiences that don't go as expected.

S38 Reminder Phrase: *Some part of me believes that mistakes just reveal my basic incompetence.*

Side of the Hand Set-Up Phrase: *Even though some part of me believes that mistakes just reveal my basic incompetence, I choose to release this mistaken belief now. I know that every successful person makes some mistakes on their way to success. They just choose to learn and improve from them. And that's what I am choosing to do as well. I choose to know that I am competent and capable of success.*

S39 Reminder Phrase: *Some part of me feels like I should never make mistakes ever.*

Side of the Hand Set-Up Phrase: *Even though some part of me feels like I should never make mistakes ever, I release this unrealistic expectation of myself. I choose to love myself as I grow and learn and become more successful every day. I choose to know that mistakes are just signposts along the path that teach me valuable lessons about how to succeed and point me in interesting new directions.*

S40 Reminder Phrase: *I feel bad about mistakes I've made in the past.*

Side of the Hand Set-Up Phrase: *Even though I feel bad about mistakes I've made in the past, I choose to love and forgive myself, knowing I have always done the best I knew how to do at the time.*

S41 Reminder Phrase: *Part of me believes I always have to be perfect.*

Side of the Hand Set-Up Phrase: *Even though part of me believes I always have to be perfect, I choose to release this mistaken belief now. I choose to know that stretching myself in new directions means that things may not go as I expect them to. I choose to love and accept myself just the way I am no matter what might happen. I give myself permission to make mistakes. I choose to release these negative judgments and impossibly high standards I've set for myself. I may falter at times, but I am grateful for the courage I have within me to continue to pursue my goals with all my heart.*

Comparison to Others

S42 Reminder Phrase: *Part of me believes I'm not as good as other people.*

Side of the Hand Set-Up Phrase: *Even though part of me believes I'm not as good as other people, I choose to release all comparisons to others. I am unique. There's never been anyone like me and who I am is unique and special. No one can do what I do the way I do it which comes from that absolute unique core of my Being.*

S43 Reminder Phrase: *Part of me believes that it's wrong for me to succeed when I'm not as good as other people.*

Side of the Hand Set-Up Phrase: *Even though part of me believes that it's wrong for me to succeed when I'm not as good as other people, I choose to release these judgments and comparisons now. I am unique in my own special way. I have much to give just the way I am. No one does what I do just the way I do it which comes from that absolute unique core of my Being.*

It is natural for me to succeed at what my heart is calling me to do. And there is plenty of room for us all to succeed at our heartfelt goals.

Fear of Others' Judgments

S44 Reminder Phrase: *I'm afraid I'll be rejected and humiliated if I put myself out there.*

Side of the Hand Set-Up Phrase: *Even though I'm afraid I'll be rejected and humiliated if I put myself out there, I choose to release this fear now and know that I am attracting people who will honor and value who I am and what I have to offer. I choose to know that my well-being is pure and whole and doesn't depend on what other people think of me. I am free to pursue my heartfelt dreams with enthusiasm and joy.*

S45 Reminder Phrase: *Part of me is scared that people will laugh at me and think what I do is worthless.*

Side of the Hand Set-Up Phrase: *Even though part of me is scared that people will laugh at me and think what I do is worthless, I choose to release this fear now. I choose to connect with people who will love and value who I am and what I have to offer. And I choose to free myself from other people's opinions of me. I know that their judgments of me are really judgments of themselves. I know my well-being is unconditional and doesn't depend on what other people think of me.*

S46 Reminder Phrase: *Part of me believes that no one would really want what I have to offer.*

Side of the Hand Set-Up Phrase: *Even though part of me believes that no one would really want what I have to offer, I choose to release this mistaken belief now and know that there are people out there who are seeking just what I have to offer and who will be so happy and grateful to receive it.*

S47 Reminder Phrase: *I'm afraid no one values what I do.*

Side of the Hand Set-Up Phrase: *Even though I'm afraid no one values what I do, I choose to release this mistaken belief. I choose to value and appreciate who I am and what I do. As I do, I am attracting people into my life who reflect this back to me and love and honor me and what I do.*

S48 Reminder Phrase: *I'm afraid no one really believes I will succeed.*

Side of the Hand Set-Up Phrase: *Even though I'm afraid no one really believes I will succeed, I choose to release this fear. I choose to know that I determine my destiny. I intend to succeed and then others will see what I am capable of.*

S49 Reminder Phrase: *I'm afraid that when I make a mistake, others will judge me and think less of me.*

Side of the Hand Set-Up Phrase: *Even though I'm afraid that when I make a mistake, others will judge me and think less of me, I choose to release my investment in what other people think of me. Their judgments are just*

mirrors to me of my own doubts. I choose to love myself just the way I am and encourage myself on my path. I can do it!

S50 Reminder Phrase: *I'm afraid that if I show my weaknesses no one will like me or respect me anymore.*

Side of the Hand Set-Up Phrase: *Even though I'm afraid that if I show my weaknesses no one will like me or respect me anymore, I choose to release this fear and love and accept myself as I take each step toward my goal. I am human just like everyone else. Even the greatest successes in the world experience times of self-doubt and confusion. They move through them and I will too. I choose to attract people into my life who love me for who I am at my core and accept me as I am. By loving myself as I am, I'm showing others they can do the same.*

S51 Reminder Phrase: *I feel stuck in my old patterns of self-judgment and worrying about what other people think of me.*

Side of the Hand Set-Up Phrase: *Even though I feel stuck in my old patterns, I choose to release myself from the bondage of self-judgment and worrying about what other people think of me. As I do, I am freeing myself to play and explore and pursue my dreams with all my energy. I choose to love myself just the way I am, no matter what.*

Again, read through these scripts and spend some time tapping on the issues that resonate for you in order to bring yourself to a state of feeling calmer and more positive when you think about them. Once you've done this, you'll be ready

to start tapping on any additional specific issues you may have that are unique to you and your goal.

The next chapter will review how to develop these tapping processes yourself and then you'll be ready to get started on those issues that are more unique to you.

CHAPTER TWENTY-THREE

Instructions for Creating Your Own Tapping Processes

By this point in the Program, you have probably listened to many recorded tapping processes and have followed a number of tapping scripts. There still may be a few specific issues that are unique to you and your life that you want to address using EFT. As a third method of clearing, this chapter will review how to write your own scripts so you can address any additional, unique issues that you may have that are not covered in the recordings or scripts included in *Your Inspiring Life*.

By following the detailed instructions in the *EFT Quick Start Guide* in Chapter Twenty, you can easily create your own process to address any additional issues you may have. By now, you now have had a lot of experience with EFT from using the many recordings and scripts included in *Your Inspiring Life* so you're probably fairly comfortable and familiar with the process.

Here is a simple review of the standard tapping steps with a few additional suggestions for making the process unique to you.

1. First, develop your own Set-Up Phrase based on your unique issue. Then, rub the Tender Spot or tap on the Side of the Hand point as you state the Set-Up Phrase three times as follows:

Even though (state your unique issue), I deeply and completely love and accept myself just the way I am.

2. Tap on each of the points stating your unique reminder phrase as follows:

    a. Eyebrow: *(State your unique issue)*
    b. Side of the Eye: *(State your unique issue)*
    c. Under the Eye: *(State your unique issue)*
    d. Upper Lip: *(State your unique issue)*
    e. Chin: *(State your unique issue)*
    f. Collarbone: *(State your unique issue)*
    g. Under the Arm: *(State your unique issue)*

3. At the Side of the Hand point, repeat the same Set-Up Phrase you used above:

    Even though (state your unique issue), I deeply and completely love and accept myself just the way I am.

    If you like, you can add your own affirmation to this phrase as you are inspired. As the intensity goes down for this issue, it is likely that your wisdom will begin to come forth and a wonderful positive affirmation will just come into your mind. Let yourself play with this. You'll be amazed at the wisdom that is within you.

    At the end of each round or just for the last one, while you are tapping the Side of the Hand point you can also affirm your goal. Use the goal as the affirmation just as you've written it: *I choose to create …*

4. At the end of each round, take a deep breath and check your intensity rating again.

5. If the intensity rating is lower but not completely cleared, continue repeating this process until you get your intensity rating down to a one or a zero. As you repeat the process, acknowledge the success you've had by stating the Set-Up Phrase as "Even though I still have *some of this* (state the problem)…" and state the Reminder Phrase as "This *remaining* (state the problem)."

6. If you are having difficulty getting the rating to come down, try the Nine Gamut Procedure and refer to the suggestions in *Chapter Twenty-Six: What to Do If You're Not Making Progress with EFT.*

7. Continue to clear your unique issues in each of your *Inspiring Life* Sessions. Clear the next most intense *Issue For Clearing* for you until you are done with your list.

And that's all there is to it. By creating your own EFT processes like this, you can fit the tapping specifically to your own unique issues and create affirmations that resonate for you personally. To get the most out of each round of EFT, take your time with the process so you can focus on the issue you want to release.

Happy Tapping!

In the next chapter, we will go over the many benefits of using the guided meditation processes in *Your Inspiring Life*.

CHAPTER TWENTY-FOUR

Guided Meditation and Well-Being: Finding Your Center

The *Your Inspiring Life Program* includes two brief guided meditation processes that I encourage you to listen to on a regular basis. These relaxing and enjoyable processes are an important element of Your Inspiring Life. As you listen, they will guide you into a more peaceful and centered state of being. From this place, you can feel your true essence and the deep wisdom and unconditional love that is always within you.

Now, this may seem like a strange departure from the goal-focused program you've been following up to this point. However, this practice will give you a strong foundation from within to build a life of inspiration and success upon. True well-being and self-confidence come from knowing that you are perfect the way you are and that all is well, no matter what.

This knowing comes from a place beyond your conscious mind. Your mind wants to worry over problems and fix them. It tells you that you and your world are not OK and whatever is causing you difficulty must be resolved before you can feel peaceful and happy again. This is just part of the game the mind plays with us. It gives it something "important" to do. But, as I think you might agree, for most people, the mind has gotten a little out of hand.

That's why a meditative practice like this one is so valuable. There is a Presence within you, an awareness that goes beyond the mind. Call it whatever you like. It's name is not really important. It's simply the *knowing* beyond the level of the mind that I was talking about before, the knowing that all is well and that we are perfect just the way we are. In fact, everything is perfect the way it is.

This is not a rationalization to try to talk ourselves into feeling better; that's the mind working away again. No, it's a *feeling*. It's a wellspring of unconditional peace and love that resides within you. Most of us are not used to connecting with this Source. Many spiritual traditions point us toward this state of being. But the only way you will know it is to experience it yourself. Words can only go so far. But once you experience it, you'll know it. It feels like home.

And the more you practice going into this space, the more easily it will come back to you. The first purpose of the ongoing practice of meditation is to find a way to step aside from the mind, first for a moment, and then longer. Once that's accomplished, your natural state of well-being and wisdom awakens and wells up from within. That's when you feel it. That's when you know it.

I have found that the difficulty is often just getting your mind to agree to set aside a few minutes to meditate on a regular basis. Oh, yes, the mind has plenty of other important things to do, to figure out, to fix. No time for meditation! Your job is to just say, *Yes, yes, I hear you. But I agreed to complete Your Inspiring Life and the guided meditation is part of the program, and so I'm going to do it.* As it grumbles, put on your headphones and start listening. After a while it will quiet down and actually start to enjoy it.

The Benefits of Meditation

Meditation has numerous proven emotional and physical benefits including reducing stress and regulating blood pressure. You can use the meditation process day and/or night or whenever you like. It is another wonderful tool to use when you are feeling stressed and overwhelmed. The suggested Program routine in Chapter Four sets an ideal schedule of using these meditation processes every day. Feel free to listen to them however often you like. If you listen to one of these guided meditations before going to bed, it will help put you into a calm, restful state of mind and will help you sleep more deeply and peacefully.

How I Discovered the Power of Meditation

In my first social work job out of graduate school, I was dealing with intensely stressful situations on a regular basis. I felt a constant underlying anxiety and I began to have trouble sleeping. I would jump anytime the phone rang, afraid that it was a crisis I would have to deal with. I call that period of my life my spiritual boot camp because it forced me to go beyond the worries and limitations of my mind and look for peace and well-being within, regardless of what was happening in the world around me.

Driven by an intense need for relief from the continuous stress I was under, I began meditating twice a day, even when I was working 50-60 hours a week. I can truly say that this practice of connecting with the unconditional well-being within me made all the difference in the world. Within a few weeks, I felt so much more centered and relaxed despite the external challenges I was facing. I connected with that Source of well-being within me that knows that everything is perfect just the way it is, including me.

As I discovered this place of peace within me, I found that I began to trust my intuition and follow my own inner wisdom and I became much more effective in my work. My clients and coworkers could feel the change in me and began to respond positively to my ideas and contributions. Meditation helped me to experience the power, wisdom, and peace of my Being. It changed my life.

As you follow the guided meditation processes in *Your Inspiring Life* on a regular basis, you will begin to experience this Source of unconditional well-being within yourself. And the benefits will increase exponentially over time.

If you have your own practice of meditation that you follow already, by all means continue that. I'd encourage you to listen to the brief guided meditations included in *Your Inspiring Life* as well so you can decide for yourself whether you'd like to add them to your current practice. From my perspective, they would be a nice addition to the beginning or end of your regular meditation time.

The Sweet Inner Smile

There is a simple practice that you can do anywhere that I have found to be a wonderful way to connect with your True Being. All you need to do is let a little smile come to your face, just the slightest smile, the corners of your mouth barely turning up, kind of like Mona Lisa's smile. It's effortless and very subtle, not big. It often feels like this smile is welling up from within, *a sweet inner smile*, I call it. Just give it a try right now and see how it feels.

Also, you'll find that it's very hard to knit your brow in worry or too much thinking when you do this sweet inner smile. This is another simple way to quiet the mind. It's very subtle, and you can do it anywhere, anytime. Very often, the

sweet inner smile will bring you back to a place of peace and centeredness, back to the place where you feel connected with the Presence in everything.

I've incorporated the sweet inner smile into the meditation processes. This will help to bring you into the meditative state of gratitude and will help to associate the sweet inner smile with a loving, meditative state throughout the rest of your day. So, the more you listen to the guided meditations, the more you'll be able to return to that state easily just by doing the sweet inner smile.

Meditative Affirmations

At the end of the meditation, I give you the option to continue on in this state for as long as you like. It feels good and often you just want to stay there and drink in that well-being and energy a while longer. I encourage you to do this whenever you have the time or inclination.

I've found it helpful, though, to give the mind a little something to focus on in this state. Your mind likes to have something to do, so the following suggestion will help it cooperate a bit longer.

At the end of the guided meditation, if there is a phrase of the process that is going through your mind still, just begin repeating that to yourself slowly every few seconds or so. For example, you might say, *I am One with the Ocean of Love*, pause for a few seconds, and then repeat it again. This will help keep you focused on the feeling of the process and help sustain it. And, as I said, it gives the mind a little something to do and helps you stay focused on this expanded meditative state. Continue repeating this phrase for as long as you like. When you are ready to come back to your everyday life, just feel your feet on the ground, open your eyes, and take a deep breath.

If no particular phrase comes to mind at the end, just choose one of these or one of your own creation.

- I am One with the Ocean of Love.
- All is well.
- I am loved.
- I am love.
- I feel the Presence within me.
- Peace and love flow through my Being.
- I feel the fullness of beloved Presence.
- I am filled with light and love.
- I am filled with love, joy, and gratitude.
- I am thankful for who I am.
- I feel my True Essence in every moment.

For Relaxation, Centering, and Being in The Creative Flow

One of the great benefits of these guided meditation processes is that they will help you relax and feel centered. As I mentioned before, you can use these processes any time. I've found that it's helpful to listen to one before beginning work on a project for the day. You'll find that creative ideas will come to you more easily in this state and you'll feel that sensation of being in the flow much more readily. This practice will also have the benefit of training your consciousness to get into that peaceful, centered state while you are working.

Grounding Releases Fear

Fear is related to closing off our energetic connection with the earth. You can prove this to yourself: the next time you feel anxiety or fear, take a moment to visualize a cord of energy flowing down to the center of the earth. Or you can visualize roots growing from your feet down into the earth. When you do, it's likely that you will feel the anxiety or fear dissipating and a calmer feeling will arise within you. The guided meditations in *Your Inspiring Life* include a visualization to help you feel grounded and connected to the earth. As you ground yourself in this way, you are releasing fear and remembering that constant source of support.

The Spiritual Terms

In *Your Inspiring Life*, I've generally stayed away from spiritual terms that might have a charge for some people. However, particularly in this chapter, there's no way around addressing these core spiritual ideas. If you don't feel comfortable with the concepts I'm presenting here, just trust your instincts. Take what you like and leave the rest. But I'd encourage you to go ahead and use the guided meditations. Listen to the processes and see how they feel to you. If there are some phrases that don't resonate for you, just change them in your mind as you go through the process. I think you'll find that they feel really good. It's worth it to take a few minutes on a regular basis to discover this wonderful state of being that is the essence of who you are and is always available to you.

The Energy Centers

Speaking of spiritual ideas, the guided meditation processes in *Your Inspiring Life* use visualization to help you energize and become aware of the seven

energy centers in your body. In eastern spiritual traditions, these are often called the *chakras*. As I said before, the names we give to things are not as important. You don't need to believe in these centers to benefit from the meditation. Just play with the ideas and see how they feel to you. Let your own wisdom guide you, as always.

As I said, this meditative practice is an important part of developing a deep sense of unconditional well-being and self-acceptance. It will help to consciously connect you to the intuition and wisdom that is within you. It works synergistically with the other elements of *Your Inspiring Life* to help you release your fears and connect with the inspiration, wisdom, and strength that is you at your core.

The Key Elements of Living an Inspiring Life

There are several key components to living a life of well-being and inspiration. The first is to consciously use the Law of Attraction by clearly visualizing and clarifying what you want to create and then focusing energy on manifesting your vision regularly.

The second is to clear your negative judgments, beliefs, memories of painful past experiences, and negative associations to achieving your goal. EFT is the primary tool we use in *Your Inspiring Life* to do this.

The third and perhaps most important element is to connect with your True Self, the Presence within you. This is the ultimate goal of all experience. In this connected state, you realize you are whole and complete and need nothing else to live in a state of self-love and well-being. You begin to see that you can be guided by your heart to what sounds wonderful, to the next adventure or experience that will expand your enjoyment of life.

As you explore this aspect of yourself, you discover that your well-being truly is unconditional. You find that you are motivated by enthusiasm and joy rather than fear that if you don't achieve this goal, you will never be happy. This is an important element of manifesting, and also of finding inner peace. Also, in this place, you can allow this connection to guide you through your intuition, to keep you pointed toward your own True North, to that which will give you the greatest joy.

That is why *Your Inspiring Life* includes these guided meditations. I encourage you to use them regularly and reap the benefits. It's worth repeating. Being able to reconnect with your Center, the place within you where you are totally self-accepting, self-loving and wise, provides the foundation for true success and well-being. These Guided Meditation processes will help you to do that.

Being In the Moment as a Doorway into Well-Being

As I mentioned before, the mind is busy thinking most of the time. It thinks about what happened yesterday, what might happen tomorrow, and it has plenty of judgments about what is happening right now. Unfortunately, this incessant thinking and judging keep us from experiencing the pure essence of the moment that we are in right now.

But consider this: this moment that we are in is really all that exists. Past and future only exist as thoughts in the mind. The doorway to the full experience of unconditional well-being is in the present moment, beyond thought. When you feel any negative emotion, it is a sign that your mind has taken over your awareness through thinking.

As Eckhart Tolle says in his book *A New Earth (see Appendix)*, your true inner purpose is to be in this moment right now, doing whatever you are doing right now, experiencing the well-being within you in this moment. Your outer purpose is to move toward accomplishing your inspired goals, but still, as you do, you approach your goal moment by moment, feeling the well-being that comes from *embracing Now* as your deep inner purpose.

When first beginning this practice of being in the moment, I have personally found that it is helpful to slow down whatever you are doing. Your Thinking Self thinks you need to hurry to get on to the next thing that you've got to do *in the future*. In this way, it keeps you thinking about the future instead of the Now. By slowing down, however, you'll find that it becomes easier to feel this moment and embrace what you are doing right now. And when you do, you'll feel your natural state of unconditional well-being flowing within you again.

When you find yourself caught up in your thinking, I've found that it is helpful to say to your Thinking Self:

Thank you, Thinker. Thanks for your opinion. Now, please be quiet. My whole inner purpose for being is to be in this moment right now, doing what I am doing right now, feeling the well-being that is here.

EFT also helps you reconnect with the present moment as well. One of the great benefits of using EFT to tap away negative beliefs and feelings is that it helps to release you from identification with your negative thinking. As a result, you come back to your natural state of well-being in this moment.

Also, as I've said before, the guided meditations in *Your Inspiring Life* will help you to quiet your thoughts and bring you into this moment and the unconditional well-being within you as well.

This process of rediscovering our natural state of inspiration and unconditional well-being is truly an amazing journey. In my own life, I keep coming back to the realization that this is the key to what I am here to do in this life. Everything else grows from this experience and understanding.

In the next chapter, we will go over some thoughts and suggestions about what to do when intense emotions arise over the course of *Your Inspiring Life*.

CHAPTER TWENTY-FIVE

Dealing With Intense Emotions

A Note About Deep Feelings Emerging

At times, deep feelings may emerge as you go through *Your Inspiring Life*. Let me reassure you that this is just a natural part of healing and releasing. When these feelings come up, you have a number of choices about how to move through them and come through lighter on the other side.

Tell the Story

When you are deeply in an intense negative feeling state, I encourage you to see this as an opportunity to clear a deep, negative issue that you wouldn't want to look at otherwise. It's just coming up to be acknowledged and cleared away. A simple way to address this state is to just say what you're feeling and express what's coming up for you as you tap on the series of EFT acupressure points. Tell the story of what's upsetting you and why as you tap. Take a deep breath at the end of each round and do the Nine Gamut between each round. Just keep talking and tapping until you feel calmer overall. Soon, you'll begin to feel more centered and peaceful again.

Letting Yourself Feel It and Express It

Although EFT will usually help you let go of these negative emotions, there are times when these feelings may just need to be expressed as part of releasing them. When you've tried tapping and these deep feelings are still there, just let yourself ride the wave of emotions. Let your feelings come. You don't want other people to get caught in the crossfire, however, so take some time to be by yourself and just let yourself feel and express your feelings.

Cry, scream into a pillow, yell as you express your anger. Whatever it is, give yourself permission to express your deep feelings as they are. See if you can go deeper into the core of the feeling and allow yourself to experience whatever comes up. Do your best to accept your feelings as they move through you, *without judgment*. Judgment just attaches them to you again through the back door. These are your feelings and they are OK. It is safe to feel them and express them. They are just energy. And they will pass.

Eventually, the wave will subside and set you back down on the sandy shore and you'll feel calm again. This is just another aspect of releasing these old habitual emotional patterns that have held you back from living a confident, successful, fulfilling life.

And remember, these deep, intense emotions teach you about deep negative beliefs and ideas that you hold within yourself. Often these are core issues and by looking at them, accepting them, and hearing what mistaken beliefs they are based on, you will have found a vein of gold within you. You can now focus on these core issues in your regular tapping sessions and free yourself from their deep influence on your confidence and well-being. As these deep issues and

beliefs emerge, add them to your *Issues For Clearing List* and make them the priority for your next tapping sessions.

So, feel them, accept them, learn what you can from them, and release them by tapping on them. And in so doing, you are taking a huge step forward in freeing yourself to feel inspired, happy, and successful in your life.

Seeking Additional Help and Support

If you find that these deep, intense feelings are not subsiding with these suggestions or the additional resources offered in *Your Inspiring Life*, it might be time for you to consider seeking some additional support to help you move through these issues. I'd encourage you to find a professional counselor or therapist who has experience using EFT to help people heal and release deep emotional issues. Having another person walking with you and guiding you through these dark feelings and back into the light again can be an invaluable and very healing experience. You can find listings for EFT-trained counselors on the www.eftuniverse.com website.

In the next chapter, we will review some strategies that will help if your efforts to clear an issue through tapping don't seem to be making much progress.

CHAPTER TWENTY-SIX

What to Do If You Are Not Making Progress with EFT

Although consciously you know you want to release these negative emotions and painful beliefs that are keeping you from feeling inspired, confident, and successful, there may be some part of you that resists releasing them for whatever reason. Perhaps that part is afraid of change or has become invested in staying the way you are. Often, deeply held mistaken beliefs and ideas, even if they are painful, are more challenging to release.

If you are not making progress after a round or two of tapping, then go ahead and use the following strategies to help you release any unconscious resistance you may have to releasing the problem you're focusing on.

Strategy One: The Nine Gamut Procedure

When you are in this state of resistance to releasing an issue, which we call *psychological reversal*, the left and right sides of your brain become out of harmony and the tapping process becomes less effective. You can temporarily restore the balance of the left and right sides of your brain by using the following process which we call the *Nine Gamut Procedure.*

We've covered this procedure in previous chapters, but I will repeat it here for your reference.

Instructions for the Nine Gamut Procedure

Continuously tap on The Nine Gamut Point on the back of your hand. This point is between the knuckles of your pinkie finger and your ring finger about one inch up between the tendons there. As you tap on this point, do the following actions to balance both hemispheres of your brain:

1) Close your eyes
2) Open your eyes
3) Look down hard to the right
4) Look down hard to the left
5) Roll your eyes around in a circle
6) Roll them the other way
7) Hum 2 seconds of a song (i.e. Row Your Boat)
8) Count to five
9) Hum 2 more seconds of a song

After completing the Nine Gamut Procedure, then go back and tap another round on the original issue that you were working on clearing. Your rating for the "stuck" issue should improve significantly using this technique.

Strategy Two: Part of Me Doesn't Want to Let Go of This…

Another way to address *psychological reversal* which I have found very useful is the following. Tap a round using the following Set-Up Phrase:
Even though some part of me does not want to let go of (state the belief or feeling you're addressing), I choose to love and accept myself just the way I am.

And then, as you tap on each point, say the following as a reminder phrase: *Part of me doesn't want to let go of (state the issue).*

Often this will clear the resistance to releasing the issue and the issue itself will clear significantly in the process.

Strategy Three: Saying the Affirmations with Feeling

When you are not making as much progress as you would like on an issue, you can try saying the affirmation part of the Set-Up Phrase with very positive feeling, as if you really, really believed it. It's OK if some part of you does not, just pretend that you do and say it with feeling. This will often help the issue to shift.

Strategy Four: Get More Specific

Sometimes, when an issue is just not clearing or you've made some progress but then it seems to have stopped, this is an indication that you may not have found the real core issue that underlies your current painful feeling or belief. When this happens, it's often helpful to look for a specific painful memory to clear. Ask yourself the following questions to unearth a specific memory to address:

- What past experience does this feeling or belief remind me of?
- When have I felt this feeling before?
- When was the first time I felt this feeling?
- When in the past did I feel this feeling most intensely?

Trust that your own inner wisdom will help guide you to the key memory or memories that underlie your current negative belief or feeling. Once you

remember a specific incident, use the *Clearing Painful Past Experiences* recorded process to clear the negative feelings from that experience. When you do, you'll often find that your current feeling or issue has cleared as well.

Strategy Five: Address the Aspects

As I've mentioned previously in this book, often different *aspects* of a problem will emerge as you go through the tapping process. Anger might turn into another emotion like sadness or fear. A distinct painful memory might emerge. One negative belief might melt away only to be replaced by another one that pops into your mind.

Be aware that this is an indication that you are making progress, *not* that you are stuck. When this happens, make a note of what aspect is coming up and then return to your original issue. Has that specific issue improved? Often, it will have. Focus on clearing that issue and then move on to addressing the new aspect that came up. As I said before, this revealing of various aspects of the problem to you is one way that the source of wisdom within you guides your healing and helps you accomplish your goals.

Strategy Six: Eliminate Energy Toxins

On rare occasions, "energy toxins" in the local environment will disrupt the effectiveness of EFT. These toxins can include specific air contaminants, foods, clothes, cleaning fluids, etc. that you are sensitive to. Similar to an allergy, each person will have differing reactions to these substances. If you have tried all the other the strategies that I go over in this chapter and you are still not able to shift an issue, it may be that you are being influenced by these energy toxins. To see

if this is true, first try tapping in a different location. If you are in a particular room or house, go somewhere else and see if EFT becomes more effective for you. If it does, it's likely that the initial location does have some energy toxins that are affecting you. If EFT still does not work for you, try changing your clothes or waiting some time after eating before you tap again. It also often helps to stay well-hydrated while you are tapping.

Strategy Seven: Persistence

And finally, there is much to be said for persistence with these processes as well. If you just keep tapping on a big issue round after round, it will eventually melt away.

And that's all there is to it. These simple methods should help you move through any energetic blocks you may have to releasing any negative beliefs and memories.

In the next chapter, we will go over what to do when you come upon a roadblock or setback on the road to achieving your goal.

CHAPTER TWENTY-SEVEN

Dealing with Roadblocks and Setbacks

If things don't seem to be going the way you want them to, if you're not making the progress you would like toward your goal, or if some big setback or roadblock has come up, there could be a number of reasons for this. We'll explore some of them here and how to address them.

An Opportunity for Clearing

I believe that this happens most often to show us additional issues and negative beliefs that we have that have been hiding in the shadows of our consciousness. These beliefs are usually not activated unless a negative event happens. And so, in our own infinite wisdom, we allow setbacks and roadblocks to come up before us so we can feel the painful feelings and their associated negative beliefs. And when we can see and feel them, we realize they are there and then we can address them. EFT gives us a powerful tool to do just that.

So, when those roadblocks appear, take some time to just sit by the roadside a while and let the EFT repair crew come out and clear them away for you. You can use the recorded process R15 *Feeling Discouraged at Setbacks When Things Aren't Going Right* to help you clear these feelings as well.

Often, part of the reason we haven't pursued our heartfelt goals in the past was because we were afraid of setbacks just like the ones you may be experiencing right now. We thought they would be too painful to experience and would inevitably result in our failure and the loss of our remaining sense of self-worth and self-confidence. That's a lot at stake. No wonder we've found it so hard to go for our dreams up to now.

But go ahead and give it a try. Look those fears and negative beliefs square in the eye. Face them and clear them away using EFT. Use one of the recorded processes that fit or one of the scripts or devise your own using the instructions in this book. Jump into it. Don't stop tapping until you find the issue really shifting. And it will. Go through several rounds if you need to.

In a relatively short time, you'll find the negative feeling lifting. You'll find that a new understanding about the situation is beginning to emerge. You may have some new insight or idea that will help you move through the roadblock. Keep tapping until you get there. Once you clear these feelings and issues, you will find your inspiration and enthusiasm for your goal returning.

Ultimately, the great gift of these roadblocks and setbacks is that they give you the opportunity to clear your fears and negative beliefs about what might happen if "This Bad Thing I've Been Dreading" actually happened. You can face the mistaken beliefs that tell you that facing this roadblock means "Terrible Things" about you and your future.

Discovering Your Unconditional Well-Being

By tapping these issues, painful feelings, and beliefs away, you will discover that your well-being and sense of peace do not depend on these outside

circumstances. Even if “The Worst Thing” were to happen, you can bring yourself back to a place of balance and serenity. And this is the greatest gift of all. Because it means that there really is nothing to fear… not even our un-faced fears, lurking in the shadows.

So, in a way, you can be thankful that this roadblock came up for you. It has helped you to realize your fear and EFT will help you release it. And then, you are one step closer to the freedom of being happy and centered no matter what. And from that state, all things are possible. This is the true state of well-being and self-confidence, knowing that all is well, no matter what. You are perfect just the way you are, no matter what.

Experiencing this essential well-being and acting from that place to create what you want is the core focus of *Your Inspiring Life* in actuality. And you are getting closer to it with every step you take through *Your Inspiring Life*. So, be kind to yourself. Tap when you need to, when you feel out of balance. You will find your way. You will achieve your goal. You will find that source of well-being, inspiration, and true confidence within you. One step at a time.

Receiving Guidance for Roadblocks and Setbacks

Once you have cleared these negative issues and feelings that were triggered by the setback you’re experiencing, it is likely that your own wisdom will guide you about how to move through this setback and continue on toward your goal. If you need some additional help with this, you can listen to the recorded process R22 for *Connecting with Your Inner Guidance* and use the exercises in *Chapter Fourteen: Receiving Guidance and Inspiration to Help You Achieve Your Goal.* These resources should help you move through the roadblock and know the next step to take to move you closer to achieving your goal.

The Rest of This Book

In *Part Three* of this book you will find the verbatim scripts of the recorded processes in *Your Inspiring Life*. You can use these scripts on your own to clear away issues at your own pace or adapt them to address your own specific issues.

In the Appendix, you will find a list of helpful resources to deepen your understanding of the ideas presented in *Your Inspiring Life*.

We've come a long way together in *Your Inspiring Life*. In the next chapter, we'll sum it all up.

CHAPTER TWENTY-EIGHT

The End and The Beginning

Well, my friend, we have traveled this journey this far together. This is the end of the main part of this book, but you are just beginning a new phase of the wonderful creative journey called Your Life. I'm so happy that you have committed to following *Your Inspiring Life*. I know that as you do, your life will transform. You will feel your confidence and faith in yourself growing with each day. What you want will begin to unfold in your life and soon you will have achieved your goal. And then, you will be inspired to choose another goal. And once again, you can use *Your Inspiring Life* to help you make it happen. This *Your Inspiring Life Program* can be a lifetime resource for you. Come back and refer to it often to get new ideas and to help you move through your self-imposed limitations and create the life of your dreams.

Life is a wonderful, amazing journey. Your life is your greatest work of art. A masterpiece. Remember, the facing and clearing of the negative beliefs and ideas is also a sacred part of your journey in this life. Everything that has happened in your life has brought you to this point, has helped to shape the person that you are. And it has set the stage for you to move through your limiting beliefs and create the inspiring life that you want.

Believe in yourself. I know you can do it. And remember to tap on those negative beliefs as they arise and connect with that True Being within you for guidance, support, and unconditional well-being.

Let me be your cheerleader: *I believe in you! I know you will succeed! Just keep going forward, one step at a time and you will get there.*

I often liken this process to walking up a mountain trail. You go round and round the mountain, making progress step by step, and every time you go round, the same issues come up, the same views, and you may feel like, *Oh, I've been here before, I'm not making any progress.* But the truth is that you are. Every time you come to these old issues, you see them from a little higher perspective. And soon, you'll reach the top. Just keep moving forward, one step at a time. And, as I've said before, be kind to yourself. If you want to stop and rest a while, that's perfectly OK. Rest and then take up the journey again. It's worth it!

You are on your way. Please let me know how you are doing in *Your Inspiring Life*. I'd be happy to answer any questions you may have and I'd love to hear your success stories as well. You can contact me via email at:

Laura@YourInspiringLife.com

I look forward to hearing from you. Remember to celebrate your successes, every step of the way. I wish you all the best as you follow your heart, reconnect with your natural well-being, and create the life of your dreams.

May you feel your blessings in every moment.

Laura Lawson Boatman , MSW, LCSW

PART THREE

SCRIPTS OF THE RECORDED PROCESSES

This part of the book includes scripts of each of the recorded processes that are included in the *Your Inspiring Life Program*. Use them however you like. You can read them as you tap along with the recorded tapping processes. You can follow them at your own pace when you don't have the opportunity or inclination to listen to the recorded versions. You can use them as a starting place for developing your own processes that address issues specific to your situation. However you choose to use them, they are another resource that will help you release your limiting ideas and reclaim your natural state of well-being and inspiration.

R1 FIRST Your Inspiring Life Recorded Process Script

Welcome! I'm so glad you've decided to take this important step toward creating a life of confidence and success. This first tapping recording of the Program addresses not feeling confident and doubting your ability to succeed. I will be giving you more detailed instructions in this first process so you'll be sure to know where the key tapping points are. Once you've gone through this recording several times, you'll have a good feel for the tapping process. The other

recordings in this Program are more streamlined so you'll be able to move through them much more quickly.

So were going to start by having you think about how this particular issue relates to you and your life specifically. Listen to me say this and see how you feel: "I don't feel self-confident and I doubt my ability to succeed." Give the feeling you're feeling a name, if you can: anxiety, sadness, frustration, etc. Now, note how intensely you're feeling that on a scale of one to ten.

If you don't feel any intensity, that's fine, too. This process will still take care of the latent issues as you tap along. Instead, take a 1-10 rating about how much you believe this statement, 1 being not at all and 10 being completely.

Again, the statement is: "I don't feel self-confident and I doubt my ability to succeed." In your notebook, briefly write down the feeling and the intensity or belief number and then we'll go on. Pause the recording now if you need to.

OK, so we'll begin by rubbing on the tender spot on your chest. To find this spot, start at the u-shaped indentation at the base of your throat and go about three inches down and three inches over on either side. Rub this tender spot and repeat after me.

Even though I don't feel self-confident and I doubt my ability to succeed, I deeply and completely love and accept myself.

Even though I don't feel self-confident and I doubt my ability to succeed, I choose to love and accept myself just the way I am.

Even though I don't feel self-confident and I doubt my ability to succeed, I deeply and completely love and accept myself no matter what.

Now, tap on the point right on your eyebrow, at the beginning of your eyebrow. Use two fingers for each point. I don't feel self-confident and I doubt my ability to succeed.

Now tap on the outer edge of the eye socket on the side of the eye: I don't feel self-confident and I doubt my ability to succeed.

Now tap on the point just under your eye, at the edge of the eye socket directly down from the pupil: I don't feel self-confident and I doubt my ability to succeed.

Now tap just above your upper lip, half way between the base of your nose and where your lip starts: I don't feel self-confident and I doubt my ability to succeed.

Now tap on the chin spot, which is half way between the tip of your chin and the bottom lip at the ridge there: I don't feel self-confident and I doubt my ability to succeed.

Now tap your collarbone spot. Start at the u-shaped indentation at the base of your throat again and this time, go *one* inch down and *one* inch over: I don't feel self-confident and I doubt my ability to succeed.

Now tap under your arm, about four inches down from your armpit on the side of your body: I don't feel self-confident and I doubt my ability to succeed.

Now tap on the side of your hand, on the fleshy part halfway between the base of the pinkie and the wrist: Even though I don't feel self-confident and I doubt my

ability to succeed, I choose to release these feelings now and love and accept myself just the way I am. I choose to feel true self-confidence and succeed at whatever I set my mind to.

Now, tap on the back of your hand, at the Nine Gamut Point which is between your ring finger knuckle and pinkie knuckle, about one inch in, between the tendons there. We're going to re-balance the left and right sides of your brain so you'll be able to more easily release this issue. So, close your eyes. Open your eyes. Look down hard to the right. And down hard to the left. Now roll your eyes all the way around in a circle. And roll them the other way. Hum Row Your Boat (hum). Count to five. 1 2 3 4 5. Hum Row Your Boat again (hum).

Good. Now tap on the point at the beginning of your eyebrow again. I don't feel self-confident and I doubt my ability to succeed.

Side of the eye, on the edge of the bone there: I don't feel self-confident and I doubt my ability to succeed.

Under the eye, at the edge of the bone there: I don't feel self-confident and I doubt my ability to succeed.

Just above your upper lip: I don't feel self-confident and I doubt my ability to succeed.

Chin, at the ridge there: I don't feel self-confident and I doubt my ability to succeed.

Collarbone, one inch down and one inch over from that u-shaped indentation: I don't feel self-confident and I doubt my ability to succeed.

Under the arm, four inches down on the side: I don't feel self-confident and I doubt my ability to succeed.

Now tap on the side of your hand between the base of the pinkie and wrist: Even though I don't feel self-confident and I doubt my ability to succeed, I choose to release these feelings now and love and accept myself just the way I am. I choose to feel true self-confidence and succeed at whatever I set my mind to.

Now, take a nice, deep breath.

Good.

And that's the end of this round. How are you feeling? Check your rating again on a scale of 1-10. Is it better? Also, your feeling may have shifted from anxiety to sadness, for example. That's just a new layer to be released.

If you're still feeling some intensity of any kind about this issue right now, I recommend that you go back and repeat this process again until you feel more peaceful and centered. You want to get a belief rating down to where it just doesn't sound true to you in this moment. It may take two or three rounds to get the level down to a one or a zero, but it's worth it. It's important to have your own experience of success with this tapping process at the beginning of this Program so you know personally how powerful it is.

Every time you do these processes, you are clearing away a new layer of mistaken beliefs. You are coming closer and closer to living from that place of wisdom, love, and confidence that's always within you.

R2 Anxiety and Deep Self Doubt

This recording addresses feelings of anxiety and deep self doubt.

First, think about how this issue relates to you specifically. Next, name the feeling you are having about this issue and give your feeling an intensity or belief rating from 1-10. Pause the recording now if you need to. Remember, this process will still be clearing the belief even if you're not feeling much about it right now.

OK, so we begin by rubbing on the tender spot on your chest. Repeat after me.

Even though I feel this anxiety and deep self-doubt, I deeply and completely love and accept myself.

Even though I feel this anxiety and deep self-doubt, I choose to love and accept myself just the way I am.

Even though I feel this anxiety and deep self-doubt, I deeply and completely love and accept myself, no matter what.

Now, tap on your eyebrow: This anxiety and deep self-doubt.

Side of the eye: This anxiety and deep self-doubt.

Under the eye: This anxiety and deep self-doubt.

Upper lip: This anxiety and deep self-doubt.

Chin: This anxiety and deep self-doubt.

Collarbone: This anxiety and deep self-doubt.

Under the arm: This anxiety and deep self-doubt.

Side of the hand: Even though I feel this anxiety and deep self-doubt, I choose to release these feelings now and love and accept myself just the way I am. I choose to connect with the deeper part of me that is absolutely sure of myself and knows I will succeed at whatever I set my mind to.

Now, tap on the back of your hand, at the 9 Gamut Point. Now, close your eyes. Open your eyes. Look down hard to the right. And down hard to the left. Now roll your eyes all the way around. And roll them the other way. Hum Row Your Boat (hum). Count to five. 1 2 3 4 5. Hum Row Your Boat again (hum).

Good. Now tap on your eyebrow again. This anxiety and deep self-doubt.

Side of the eye: This anxiety and deep self-doubt.

Under the eye: This anxiety and deep self-doubt.

Upper lip: This anxiety and deep self-doubt.

Chin: This anxiety and deep self-doubt.

Collarbone: This anxiety and deep self-doubt.

Under the arm: This anxiety and deep self-doubt.

Side of the hand: Even though I feel this anxiety and deep self-doubt, I choose to release these feelings now and love and accept myself just the way I am. I choose to connect with the deeper part of me that is absolutely sure of myself and knows I will succeed at whatever I set my mind to.

Now, take a nice, deep breath. (deep breath)

Good.

And that's the end of this round. Now, check your intensity rating again on a scale of 1-10. Is it better? If you're still feeling some intensity about this issue right now, you can go back and repeat this process again until you feel more peaceful and centered. Know that every time you do this process, you are clearing away a new layer of this mistaken belief. You are coming closer and closer to living from that place of wisdom, love, and confidence that's always within you.

R3 Afraid to Make Mistakes

This recording addresses feeling afraid to make mistakes.

First, think about how this issue relates to you specifically. Next, name the feeling you are having about this issue and give your feeling an intensity or belief rating from 1-10. Pause the recording now if you need to. Remember, this process will still be clearing the belief even if you're not feeling much about it right now.

OK, so we begin by rubbing on the tender spot on your chest. Repeat after me.

Even though I'm afraid to make mistakes, I deeply and completely love and accept myself.

Even though I'm scared to make mistakes, I choose to love and accept myself just the way I am.

Even though I'm afraid to make mistakes, I deeply and completely love and accept myself, no matter what.

Now, tap on your eyebrow: I'm scared to make mistakes.

Side of the eye: I'm afraid to make mistakes.

Under the eye: I'm scared to make mistakes.

Upper lip: I'm afraid to make mistakes.

Chin: I'm scared to make mistakes.

Collarbone: I'm afraid to make mistakes.

Under the arm: I'm scared to make mistakes.

Side of the hand: Even though I'm scared to make mistakes, I choose to release this fear now and love and accept myself just the way I am no matter what. I choose to know that mistakes are part of the process of growing and learning and succeeding. Every successful person makes mistakes on the way to

success. They just choose to learn and improve from them. And that's what I am choosing to do as well. I choose to feel self-confident and succeed at whatever I set my mind to.

Now, tap on the back of your hand, at the 9 Gamut Point. Now, close your eyes. Open your eyes. Look down hard to the right. And down hard to the left. Now roll your eyes all the way around. And roll them the other way. Hum Row Your Boat (hum). Count to five. 1 2 3 4 5. Hum Row Your Boat again (hum).

Good. Now tap on your eyebrow again. I'm scared to make mistakes.

Side of the eye: I'm afraid to make mistakes.

Under the eye: I'm scared to make mistakes.

Upper lip: I'm afraid to make mistakes.

Chin: I'm scared to make mistakes.

Collarbone: I'm afraid to make mistakes.

Under the arm: I'm scared to make mistakes.

Side of the hand: Even though I'm afraid to make mistakes, I choose to release this fear now and love and accept myself just the way I am no matter what. I choose to know that mistakes are part of the process of growing and learning and succeeding. Every successful person makes mistakes on the way to success. They just choose to learn and improve from them. And that's what I

am choosing to do as well. I choose to feel self-confident and succeed at whatever I set my mind to.

Now, take a nice, deep breath. (deep breath)

Good.

And that's the end of this round. Now, check your intensity rating again on a scale of 1-10. Is it better? If you're still feeling some intensity about this issue right now, you can go back and repeat this process again until you feel more peaceful and centered. Know that every time you do this process, you are clearing away a new layer of this mistaken belief. You are coming closer and closer to living from that place of wisdom, love, and confidence that's always within you.

R4 Fear of Failure

This recording addresses feeling afraid that you will fail.

First, think about how this issue relates to you specifically. Think about your worst case scenario of failure at your goal to help you do this. What are you most afraid might happen? Next, name the feeling you are having about this issue and give your feeling an intensity or belief rating from 1-10. Pause the recording now if you need to. Remember, this process will still be clearing the belief even if you're not feeling much about it right now.

OK, so we begin by rubbing on the tender spot on your chest. Repeat after me.

Even though I'm afraid I will fail, I deeply and completely love and accept myself.

Even though I'm afraid I will fail, I choose to love and accept myself just the way I am.

Even though I'm afraid I will fail, I deeply and completely love and accept myself no matter what.

Now, tap on your eyebrow: I'm afraid I will fail.

Side of the eye: I'm afraid I will fail.

Under the eye: I'm afraid I will fail.

Upper lip: I'm afraid I will fail.

Chin: I'm afraid I will fail.

Collarbone: I'm afraid I will fail.

Under the arm: I'm afraid I will fail.

Side of the hand: Even though I'm afraid I will fail, I choose to release this fear now and love and accept myself just the way I am. I choose to know that the only way I could fail is if I gave up and didn't learn anything from my experiences. Every experience gives me valuable new information about how to succeed. I choose to never give up on my heartfelt goals and I choose to learn from every experience and so I will always succeed.

Now, tap on the back of your hand, at the 9 Gamut Point. Now, close your eyes. Open your eyes. Look down hard to the right. And down hard to the left. Now

roll your eyes all the way around. And roll them the other way. Hum Row Your Boat (hum). Count to five. 1 2 3 4 5. Hum Row Your Boat again (hum).

Good. Now tap on your eyebrow again. I'm afraid I will fail.

Side of the eye: I'm afraid I will fail.

Under the eye: I'm afraid I will fail.

Upper lip: I'm afraid I will fail.

Chin: I'm afraid I will fail.

Collarbone: I'm afraid I will fail.

Under the arm: I'm afraid I will fail.

Side of the hand: Even though I'm afraid I will fail, I choose to release this fear now and love and accept myself just the way I am. I choose to know that the only way I could fail is if I gave up and didn't learn anything from my experiences. Every experience gives me valuable new information about how to succeed. I choose to never give up on my heartfelt goals and I choose to learn from every experience and so I will always succeed.

Now, take a nice, deep breath. (deep breath)

Good.

And that's the end of this round. Now, check your intensity rating again on a scale of 1-10. Is it better? If you're still feeling some intensity about this issue right now, you can go back and repeat this process again until you feel more peaceful and centered. Know that every time you do this process, you are clearing away a new layer of this mistaken belief. You are coming closer and closer to living from that place of wisdom, love, and confidence that's always within you.

R5 Not Believing In Yourself and Your Abilities

This recording addresses not believing in yourself and your abilities.

First, think about how this issue relates to you specifically. Next, name the feeling you are having about this issue and give your feeling an intensity or belief rating from 1-10. Pause the recording now if you need to. Remember, this process will still be clearing the belief even if you're not feeling much about it right now.

OK, so we begin by rubbing on the tender spot on your chest. Repeat after me.

Even though a part of me doesn't believe in myself and my abilities, I deeply and completely love and accept myself.

Even though a part of me doesn't believe in myself and my abilities, I choose to love and accept myself just the way I am.

Even though a part of me doesn't believe in myself and my abilities, I deeply and completely love and accept myself, no matter what.

Now, tap on your eyebrow: A part of me doesn't believe in myself and my abilities.

Side of the eye: A part of me doesn't believe in myself and my abilities.

Under the eye: A part of me doesn't believe in myself and my abilities.

Upper lip: A part of me doesn't believe in myself and my abilities.

Chin: A part of me doesn't believe in myself and my abilities.

Collarbone: A part of me doesn't believe in myself and my abilities.

Under the arm: A part of me doesn't believe in myself and my abilities.

Side of the hand: Even though a part of me doesn't believe in myself and my abilities, I choose to release this mistaken tendency now and love and accept myself just the way I am. I choose to connect with the deeper part of me that knows that what I have to offer is just what the world is looking for. I choose to know that my abilities are the seeds of success that are already within me. I choose to nurture them and help them to grow.

Now, tap on the back of your hand, at the 9 Gamut Point. Now close your eyes. Open your eyes. Look down hard to the right. And down hard to the left. Now roll your eyes all the way around. And roll them the other way. Hum Row Your Boat (hum). Count to five. 1 2 3 4 5. Hum Row Your Boat again (hum).

Good. Now tap on your eyebrow again. A part of me doesn't believe in myself and my abilities.

Side of the eye: A part of me doesn't believe in myself and my abilities.

Under the eye: A part of me doesn't believe in myself and my abilities.

Upper lip: A part of me doesn't believe in myself and my abilities.

Chin: A part of me doesn't believe in myself and my abilities.

Collarbone: A part of me doesn't believe in myself and my abilities.

Under the arm: A part of me doesn't believe in myself and my abilities.

Side of the hand: Even though a part of me doesn't believe in myself and my abilities, I choose to release this mistaken tendency now and love and accept myself just the way I am. I choose to connect with the deeper part of me that knows that what I have to offer is just what the world is looking for. I choose to know that my abilities are the seeds of success that are already within me. I choose to nurture them and help them to grow.

Now, take a nice, deep breath. (deep breath)

Good.

And that's the end of this round. Now, check your intensity rating again on a scale of 1-10. Is it better? If you're still feeling some intensity about this issue right now, you can go back and repeat this process again until you feel more peaceful and centered. Know that every time you do this process, you are clearing away a new layer of this mistaken belief. You are coming closer and

closer to living from that place of wisdom, love, and confidence that's always within you.

R6 Not Feeling Confident and Doubting Your Ability To Succeed

This recording addresses not feeling confident and doubting your ability to succeed.

First, think about how this issue relates to you specifically. Next, name the feeling you are having about this issue and give your feeling an intensity or belief rating from 1-10. Pause the recording now if you need to. Remember, this process will still be clearing the belief even if you're not feeling much about it right now.

OK, so we begin by rubbing on the tender spot on your chest. Repeat after me.

Even though I don't feel self-confident and I doubt my ability to succeed, I deeply and completely love and accept myself.

Even though I don't feel self-confident and I doubt my ability to succeed, I choose to love and accept myself just the way I am.

Even though I don't feel self-confident and I doubt my ability to succeed, I deeply and completely love and accept myself no matter what.

Now, tap on your eyebrow: I don't feel self-confident and I doubt my ability to succeed.

Side of the eye: I don't feel self-confident and I doubt my ability to succeed.

Under the eye: I don't feel self-confident and I doubt my ability to succeed.

Upper lip: I don't feel self-confident and I doubt my ability to succeed.

Chin: I don't feel self-confident and I doubt my ability to succeed.

Collarbone: I don't feel self-confident and I doubt my ability to succeed.

Under the arm: I don't feel self-confident and I doubt my ability to succeed.

Now tap on the side of your hand: Even though I don't feel self-confident and I doubt my ability to succeed, I choose to release these feelings now and love and accept myself just the way I am. I choose to feel self-confident and know I will succeed at whatever I set my mind to.

Now, tap on the back of your hand, at the 9 Gamut Point. Now, close your eyes. Open your eyes. Look down hard to the right. And down hard to the left. Now roll your eyes all the way around. And roll them the other way. Hum Row Your Boat (hum). Count to five. 1 2 3 4 5. Hum Row Your Boat again (hum).

Good. Now tap on your eyebrow again. I don't feel self-confident and I doubt my ability to succeed.

Side of the eye: I don't feel self-confident and I doubt my ability to succeed.

Under the eye: I don't feel self-confident and I doubt my ability to succeed.

Upper lip: I don't feel self-confident and I doubt my ability to succeed.

Chin: I don't feel self-confident and I doubt my ability to succeed.

Collarbone: I don't feel self-confident and I doubt my ability to succeed.

Under the arm: I don't feel self-confident and I doubt my ability to succeed.

Now tap on the side of your hand: Even though I don't feel self-confident and I doubt my ability to succeed, I choose to release these feelings now and love and accept myself just the way I am. I choose to feel total self-confidence and know I will succeed at whatever I set my mind to.

Now, take a nice, deep breath. (deep breath)

Good.

And that's the end of this round. Now, check your intensity rating again on a scale of 1-10. Is it better? If you're still feeling some intensity about this issue right now, you can go back and repeat this process again until you feel more peaceful and centered. Know that every time you do this process, you are clearing away a new layer of this mistaken belief. You are coming closer and closer to living from that place of wisdom, love, and confidence that's always within you.

R7 Feeling Afraid You're Not Good Enough To Achieve Your Goal

This recording addresses the fear of not being good enough to achieve your goal.

First, think about how this issue relates to you specifically. Next, name the feeling you are having about this issue and give your feeling an intensity or belief rating from 1-10. Pause the recording now if you need to. Remember, this process will still be clearing the belief even if you're not feeling much about it right now.

OK, so we begin by rubbing on the tender spot on your chest. Repeat after me.

Even though I'm afraid I'm not good enough to achieve my goal, I deeply and completely love and accept myself.

Even though I'm afraid what I do isn't good enough, I choose to love and accept myself just the way I am.

Even though I'm afraid what I have to offer isn't good enough, I deeply and completely love and accept myself no matter what.

Now, tap on your eyebrow: I'm afraid I'm not good enough to achieve my goal.

Side of the eye: I'm afraid what I do isn't good enough.

Under the eye: I'm afraid what I have to offer isn't good enough.

Upper lip: I'm afraid I'm not good enough to achieve my goal.

Chin: I'm afraid what I do isn't good enough.

Collarbone: I'm afraid what I have to offer isn't good enough.

Under the arm: I'm afraid I'm not good enough.

Side of the hand: Even though I'm afraid I'm not good enough to achieve my goal, I choose to release this mistaken fear now and love and accept myself just the way I am. I choose to know I *am* good enough to achieve my goal. I am perfect just the way I am. Who I am, what I do, and what I have to offer *is* good enough. I choose to feel self-confident and know I *will* succeed at whatever I set my mind to.

Now, tap on the back of your hand, at the Nine Gamut Point. Now, close your eyes. Open your eyes. Look down hard to the right. And down hard to the left. Now roll your eyes all the way around. And roll them the other way. Hum Row Your Boat (hum). Count to five. 1 2 3 4 5. Hum Row Your Boat again (hum).

Good. Now tap on your eyebrow again. I'm afraid I'm not good enough to achieve my goal.

Side of the eye: I'm afraid what I do isn't good enough.

Under the eye: I'm afraid what I have to offer isn't good enough.

Upper lip: I'm afraid I'm not good enough to achieve my goal.

Chin: I'm afraid what I do isn't good enough.

Collarbone: I'm afraid what I have to offer isn't good enough.

Under the arm: I'm afraid I'm not good enough.

Side of the hand: Even though I'm afraid I'm not good enough to achieve my goal, I choose to release this mistaken fear now and love and accept myself just the way I am. I choose to know I *am* good enough to achieve my goal. I am perfect just the way I am. Who I am, what I do, and what I have to offer *is* good enough. I choose to feel self-confident and know I *will* succeed at whatever I set my mind to.

Now, take a nice, deep breath. (deep breath)

Good.

And that's the end of this round. Now, check your intensity rating again on a scale of 1-10. Is it better? If you're still feeling some intensity about this issue right now, you can go back and repeat this process again until you feel more peaceful and centered. Know that every time you do this process, you are clearing away a new layer of this mistaken belief. You are coming closer and closer to living from that place of wisdom, love, and confidence that's always within you.

R8 Procrastination and Lack of Motivation

This recording addresses the tendency to feel a lack of motivation and to procrastinate on moving forward toward your goal.

First, think about how this issue relates to you specifically. Next, name the feeling you are having about this issue and give your feeling an intensity or belief rating from 1-10. Pause the recording now if you need to. Remember, this process will still be clearing the belief even if you're not feeling much about it right now.

OK, so we begin by rubbing on the tender spot on your chest. Repeat after me.

Even though I find myself procrastinating and I feel unmotivated, I deeply and completely love and accept myself.

Even though I just don't feel motivated to take the next step, I choose to love and accept myself just the way I am.

Even though I don't want to deal with the anxiety and negative feelings that come up, I deeply and completely love and accept myself, no matter what.

Now, tap on your eyebrow: I find myself procrastinating to avoid facing my fears.

Side of the eye: I just don't feel like doing anything.

Under the eye: I just don't feel motivated and I find myself procrastinating.

Upper lip: I find myself procrastinating to avoid taking the next step.

Chin: I don't want to deal with the anxiety and negative feelings that come up.

Collarbone: I find myself procrastinating to avoid feeling anxiety.

Under the arm: I don't want to deal with all the things I have to do to succeed.

Side of the hand: Even though I find myself procrastinating and I feel unmotivated, I choose to release this old pattern now and love and accept myself just the way I am. I choose to release my fears and follow my dreams with strength and commitment. I choose to feel true self-confidence and succeed at whatever I set my mind to. I choose to feel excited about moving forward towards my goal.

Now, tap on the back of your hand, at the 9 Gamut Point. Now, close your eyes. Open your eyes. Look down hard to the right. And down hard to the left. Now roll your eyes all the way around. And roll them the other way. Hum Row Your Boat (hum). Count to five. 1 2 3 4 5. Hum Row Your Boat again (hum).

Good. Now tap on your eyebrow again. I find myself procrastinating to avoid facing my fears.

Side of the eye: I just don't feel like doing anything.

Under the eye: I just don't feel motivated and I find myself procrastinating.

Upper lip: I find myself procrastinating to avoid taking the next step.

Chin: I don't want to deal with the anxiety and negative feelings that come up.

Collarbone: I find myself procrastinating to avoid feeling anxiety.

Under the arm: I don't want to deal with all the things I have to do to succeed.

Side of the hand: Even though I find myself procrastinating and I feel unmotivated, I choose to release this old pattern now and love and accept myself just the way I am. I choose to release my fears and follow my dreams with strength and commitment. I choose to feel true self-confidence and succeed at whatever I set my mind to. I choose to feel excited about moving forward towards my goal.

Now, take a nice, deep breath. (deep breath)

Good.

And that's the end of this round. Now, check your intensity rating again on a scale of 1-10. Is it better? If you're still feeling some intensity about this issue right now, you can go back and repeat this process again until you feel more peaceful and centered. Know that every time you do this process, you are clearing away a new layer of this mistaken belief. You are coming closer and closer to living from that place of wisdom, love, and confidence that's always within you.

R9 Wanting to Give Up

This recording addresses feeling like you want to give up.

First, think about how this issue relates to you specifically. Next, name the feeling you are having about this issue and give your feeling an intensity or belief

rating from 1-10. Pause the recording now if you need to. Remember, this process will still be clearing the belief even if you're not feeling much about it right now.

OK, so we begin by rubbing on the tender spot on your chest. Repeat after me.

Even though part of me just wants to give up, I deeply and completely love and accept myself.

Even though part of me believes it's easier to just give up, I choose to love and accept myself just the way I am.

Even though part of me just wants to give up, I deeply and completely love and accept myself no matter what.

Now, tap on your eyebrow: Part of me believes it's easier to just give up.

Side of the eye: Part of me just wants to give up.

Under the eye: Part of me believes it's easier to just give up.

Upper lip: Part of me just wants to give up.

Chin: Part of me believes it's easier to just give up.

Collarbone: Part of me just wants to give up.

Under the arm: Part of me believes it's easier to just give up.

Side of the hand: Even though part of me just wants to give up, I choose to release this old pattern now and love and accept myself just the way I am. I choose to commit to achieving my goals with passion and enthusiasm. I choose to feel excited about moving forward towards my goal.

Now, tap on the back of your hand, at the Nine Gamut Point. Now, close your eyes. Open your eyes. Look down hard to the right. And down hard to the left. Now roll your eyes all the way around. And roll them the other way. Hum Row Your Boat (hum). Count to five. 1 2 3 4 5. Hum Row Your Boat again (hum).

Good. Now tap on your eyebrow again. Part of me believes it's easier to just give up.

Side of the eye: Part of me just wants to give up.

Under the eye: Part of me believes it's easier to just give up.

Upper lip: Part of me just wants to give up.

Chin: Part of me believes it's easier to just give up.

Collarbone: Part of me just wants to give up.

Under the arm: Part of me believes it's easier to just give up.

Side of the hand: Even though part of me just wants to give up, I choose to release this old pattern now and love and accept myself just the way I am. I choose to commit to achieving my goals with passion and enthusiasm. I choose to feel excited about moving forward towards my goal.

Now, take a nice, deep breath. (deep breath)

Good.

And that's the end of this round. Now, check your intensity rating again on a scale of 1-10. Is it better? If you're still feeling some intensity about this issue right now, you can go back and repeat this process again until you feel more peaceful and centered. Know that every time you do this process, you are clearing away a new layer of this mistaken belief. You are coming closer and closer to living from that place of wisdom, love, and confidence that's always within you.

R10 Worry About What Other People Think of You

This recording addresses the issue of worrying about what other people think of you.

First, think about how this issue relates to you specifically. Next, name the feeling you are having about this issue and give your feeling an intensity or belief rating from 1-10. Pause the recording now if you need to. Remember, this process will still be clearing the belief even if you're not feeling much about it right now.

OK, so we begin by rubbing on the tender spot on your chest. Repeat after me.

Even though I worry about what other people think of me, I deeply and completely love and accept myself.

Even though I worry about what other people think of me, I choose to love and accept myself just the way I am.

Even though I worry about what other people think of me, I deeply and completely love and accept myself, no matter what.

Now, tap on your eyebrow: I worry about what other people think of me.

Side of the eye: I worry about what other people think of me.

Under the eye: I worry about what other people think of me.

Upper lip: I worry about what other people think of me.

Chin: I worry about what other people think of me.

Collarbone: I worry about what other people think of me.

Under the arm: I worry about what other people think of me.

Side of the hand: Even though I worry about what other people think of me, I choose to release this fear now and love and accept myself just the way I am, no matter what. I now choose to free myself from the bondage of worrying about other people's opinions about me or about anything I do. I am free to be who I am and act as I am inspired. And I choose to attract people into my life who love and honor me just the way I am.

Now, tap on the back of your hand, at the Nine Gamut Point. Now, close your eyes. Open your eyes. Look down hard to the right. And down hard to the left.

Now roll your eyes all the way around. And roll them the other way. Hum Row Your Boat (hum). Count to five. 1 2 3 4 5. Hum Row Your Boat again (hum).

Good. Now tap on your eyebrow again. I worry about what other people think of me.

Side of the eye: I worry about what other people think of me.

Under the eye: I worry about what other people think of me.

Upper lip: I worry about what other people think of me.

Chin: I worry about what other people think of me.

Collarbone: I worry about what other people think of me.

Under the arm: I worry about what other people think of me.

Side of the hand: Even though I worry about what other people think of me, I choose to release this fear now and love and accept myself just the way I am no matter what. I now choose to free myself from the bondage of worrying about other people's opinions about me or about anything I do. I am free to be who I am and act as I am inspired. And I choose to attract people into my life who love and honor me just the way I am.

Now, take a nice, deep breath. (deep breath)

Good.

And that's the end of this round. Now, check your intensity rating again on a scale of 1-10. Is it better? If you're still feeling some intensity about this issue right now, you can go back and repeat this process again until you feel more peaceful and centered. Know that every time you do this process, you are clearing away a new layer of this mistaken belief. You are coming closer and closer to living from that place of wisdom, love, and confidence that's always within you.

R11 Feeling Nervous and Insecure

This recording addresses feeling nervous and insecure.

First, think about how this issue relates to you specifically. Next, name the feeling you are having about this issue and give your feeling an intensity or belief rating from 1-10. Pause the recording now if you need to. Remember, this process will still be clearing the belief even if you're not feeling much about it right now.

OK, so we begin by rubbing on the tender spot on your chest. Repeat after me.

Even though I feel nervous and insecure, I deeply and completely love and accept myself.

Even though I feel nervous and insecure, I choose to love and accept myself just the way I am.

Even though I feel nervous and insecure, I deeply and completely love and accept myself, no matter what.

Now, tap on your eyebrow: I feel nervous and insecure.

Side of the eye: I feel nervous and insecure.

Under the eye: I feel nervous and insecure.

Upper lip: I feel nervous and insecure.

Chin: I feel nervous and insecure.

Collarbone: I feel nervous and insecure.

Under the arm: I feel nervous and insecure.

Side of the hand: Even though I feel nervous and insecure, I choose to release these feelings now and love and accept myself just the way I am. I choose to connect with the deeper part of me that feels safe and grounded and connected and is absolutely sure of myself and *knows* that all is well.

Now, tap on the back of your hand, at the 9 Gamut Point. Now, close your eyes. Open your eyes. Look down hard to the right. And down hard to the left. Now roll your eyes all the way around. And roll them the other way. Hum Row Your Boat (hum). Count to five. 1 2 3 4 5. Hum Row Your Boat again (hum).

Good. Now tap on your eyebrow again. I feel nervous and insecure.

Side of the eye: I feel nervous and insecure.

Under the eye: I feel nervous and insecure.

Upper lip: I feel nervous and insecure.

Chin: I feel nervous and insecure.

Collarbone: I feel nervous and insecure.

Under the arm: I feel nervous and insecure.

Side of the hand: Even though I feel nervous and insecure, I choose to release these feelings now and love and accept myself just the way I am. I choose to connect with the deeper part of me that feels safe and grounded and connected and is absolutely sure of myself and *knows* that all is well.

Now, take a nice, deep breath. (deep breath)

Good.

And that's the end of this round. Now, check your intensity rating again on a scale of 1-10. Is it better? If you're still feeling some intensity about this issue right now, you can go back and repeat this process again until you feel more peaceful and centered. Know that every time you do this process, you are clearing away a new layer of this mistaken belief. You are coming closer and closer to living from that place of wisdom, love, and confidence that's always within you.

R12 Fear of Taking Action

This recording addresses the fear of taking action towards accomplishing your goal.

First, think about how this issue relates to you specifically. Next, name the feeling you are having about this issue and give your feeling an intensity or belief rating from 1-10. Pause the recording now if you need to. Remember, this process will still be clearing the belief even if you're not feeling much about it right now.

OK, so we begin by rubbing on the tender spot on your chest. Repeat after me.

Even though I'm afraid of taking action towards accomplishing my goal, I deeply and completely love and accept myself.

Even though I'm scared to take the actions I know will help me to succeed at my goal, I choose to love and accept myself just the way I am.

Even though I feel scared of taking the next step, I deeply and completely love and accept myself, no matter what.

Now, tap on your eyebrow: I'm afraid of taking action towards accomplishing my goal.

Side of the eye: I'm scared to take the actions I know will help me to succeed at my goal.

Under the eye: I feel scared of taking the next step.

Upper lip: I'm afraid of taking action towards accomplishing my goal.

Chin: I'm scared to take the actions I know will help me to succeed at my goal.

Collarbone: I feel scared of taking the next step.

Under the arm: I'm afraid of taking action towards accomplishing my goal.

Side of the hand: Even though I feel scared of taking the next step, I choose to release this fear now and love and accept myself just the way I am no matter what. I choose to connect with the source of true confidence and courage within me that knows I can do it and that everything will turn out beautifully. I choose to feel safe taking action. One step at a time, I will accomplish my goal.

Now, tap on the back of your hand, at the 9 Gamut Point. Now, close your eyes. Open your eyes. Look down hard to the right. And down hard to the left. Now roll your eyes all the way around. And roll them the other way. Hum Row Your Boat (hum). Count to five. 1 2 3 4 5. Hum Row Your Boat again (hum).

Good. Now tap on your eyebrow again. I'm afraid of taking action towards accomplishing my goal.

Side of the eye: I'm scared to take the actions I know will help me to succeed at my goal.

Under the eye: I feel scared of taking the next step.

Upper lip: I'm afraid of taking action toward accomplishing my goal.

Chin: I'm scared to take the actions I know will help me succeed at my goal.

Collarbone: I feel scared of taking the next step.

Under the arm: I'm afraid of taking action toward accomplishing my goal.

Side of the hand: Even though I feel scared of taking the next step, I choose to release this fear now and love and accept myself just the way I am no matter what. I choose to connect with the source of true confidence and courage within me that knows I can do it and that everything will turn out beautifully. I choose to feel safe taking action. One step at a time, I will accomplish my goal.

Now, take a nice, deep breath. (deep breath)

Good.

And that's the end of this round. Now, check your intensity rating again on a scale of 1-10. Is it better? If you're still feeling some intensity about this issue right now, you can go back and repeat this process again until you feel more peaceful and centered. Know that every time you do this process, you are clearing away a new layer of this mistaken belief. You are coming closer and closer to living from that place of wisdom, love, and confidence that's always within you.

R13 Fear of Success

There is a shadow part of us that often is afraid to succeed and so sometimes sabotages our success. This recording addresses that fear.

First, think about how this issue relates to you specifically. Next, name the feeling you are having about this issue and give your feeling an intensity or belief rating from 1 to 10. Pause the recording now if you need to. Remember, this process will still be clearing the belief even if you're not feeling much about it right now.

OK, so we begin by rubbing on the tender spot on your chest. Repeat after me.

Even though I'm afraid of succeeding at my goal, I deeply and completely love and accept myself.

Even though I'm scared of what might happen if I succeed, I choose to love and accept myself just the way I am.

Even though a shadow part of me doesn't want to succeed, I deeply and completely love and accept myself, no matter what.

Now, tap on your eyebrow: I'm afraid of succeeding at my goal.

Side of the eye: Part of me is afraid I'll feel guilty if I succeed.

Under the eye: Part of me is afraid other people will feel bad if I succeed.

Upper lip: Part of me is afraid of success… will it turn out the way I want it to?

Chin: Part of me is afraid I don't deserve to succeed.

Collarbone: I'm scared of what might happen if I succeed.

Under the arm: A shadow part of me doesn't want to succeed.

Side of the hand: Even though I'm afraid of succeeding at my goal, I choose to release this fear now and love and accept myself just the way I am no matter what. I choose to commit to succeeding at my goal and to completely enjoying my success when it comes. I see, that by my example of joyful success, others can be inspired to their own success. I choose to know it is safe to succeed. I choose to know it is wonderful to succeed. I choose success now!

Now, tap on the back of your hand, at the 9 Gamut Point. Now, close your eyes. Open your eyes. Look down hard to the right. And down hard to the left. Now roll your eyes all the way around. And roll them the other way. Hum Row Your Boat (hum). Count to five. 1 2 3 4 5. Hum Row Your Boat again (hum).

Good. Now tap on your eyebrow again. I'm afraid of succeeding at my goal (pause).

Side of the eye: Part of me is afraid I'll feel guilty if I succeed.

Under the eye: Part of me is afraid other people will feel bad if I succeed.

Upper lip: Part of me is afraid of success… will it turn out the way I want it to?

Chin: Part of me is afraid I don't deserve to succeed.

Collarbone: I'm scared of what might happen if I succeed.

Under the arm: A shadow part of me doesn't want to succeed.

Side of the hand: Even though I'm afraid of succeeding at my goal, I choose to release this fear now and love and accept myself just the way I am no matter what. I choose to commit to succeeding at my goal and to completely enjoying my success when it comes. I see, that by my example of joyful success, others can be inspired to their own success. I choose to know it is safe to succeed. I choose to know it is wonderful to succeed. I choose success now.

Now, take a nice, deep breath. (deep breath)

Good.

And that's the end of this round. Now, check your intensity rating again on a scale of 1 to 10. Is it better? If you're still feeling some intensity about this issue right now, you can go back and repeat this process again until you feel more peaceful and centered. Know that every time you do this process, you are clearing away a new layer of this mistaken belief. You are coming closer and closer to living from that place of wisdom, love, and confidence that's always within you.

R14 Difficulty Hearing and Following Your Inner Guidance

This recording addresses having difficulty hearing and following your inner guidance.

First, think about how this issue relates to you specifically. Next, name the feeling you are having about this issue and give your feeling an intensity or belief rating from 1 to 10. Pause the recording now if you need to. Remember, this

process will still be clearing the belief even if you're not feeling much about it right now.

OK, so we begin by rubbing on the tender spot on your chest. Repeat after me.

Even though I have a hard time hearing and following my inner guidance, I deeply and completely love and accept myself.

Even though I'm afraid to trust my inner guidance and my decisions, I choose to love and accept myself just the way I am.

Even though it's difficult for me to hear and follow my guidance and I'm just not sure what to do next, I deeply and completely love and accept myself, no matter what.

Now, tap on your eyebrow: It's hard to hear and follow my inner guidance.

Side of the eye: It's hard for me to trust my inner guidance and my decisions.

Under the eye: It's difficult for me to hear and follow my guidance and I just don't know what to do next.

Upper lip: I'm afraid to trust my inner guidance.

Chin: It's hard to hear and follow my inner guidance.

Collarbone: It's hard for me to trust my inner guidance and my decisions.

Under the arm: It's difficult for me to hear and follow my guidance and I just don't know what to do next.

Side of the hand: Even though it's hard to hear and follow my inner guidance, I choose to release this difficulty now and love and accept myself just the way I am no matter what. I choose to easily hear my inner guidance and to trust it. I choose to know that whatever I decide to do, it will somehow take me closer to my goal.

Now, tap on the back of your hand, at the 9 Gamut Point. Now, close your eyes. Open your eyes. Look down hard to the right. And down hard to the left. Now roll your eyes all the way around. And roll them the other way. Hum Row Your Boat (hum). Count to five. 1 2 3 4 5. Hum Row Your Boat again (hum).

Good. Now tap on your eyebrow again. It's hard to hear and follow my inner guidance.

Side of the eye: It's hard for me to trust my inner guidance and my decisions.

Under the eye: It's difficult for me to hear and follow my guidance and I just don't know what to do next.

Upper lip: I'm afraid to trust my inner guidance.

Chin: It's hard to hear and follow my inner guidance.

Collarbone: It's hard for me to trust my inner guidance and my decisions.

Under the arm: It's difficult for me to hear and follow my guidance and I just don't know what to do next.

Side of the hand: Even though it's hard to hear and follow my inner guidance, I choose to release this difficulty now and love and accept myself just the way I am no matter what. I choose to easily hear my inner guidance and to trust it. I choose to know that whatever I decide to do, it will somehow take me closer to my goal. I choose to trust my inner guidance and feel self-confident in my decisions.

Now, take a nice, deep breath. (deep breath)

Good.

And that's the end of this round. Now, check your intensity rating again on a scale of 1 to 10. Is it better? If you're still feeling some intensity about this issue right now, you can go back and repeat this process again until you feel more peaceful and centered. Know that every time you do this process, you are clearing away a new layer of this mistaken belief. You are coming closer and closer to living from that place of wisdom, love, and confidence that's always within you.

R15 Feeling Discouraged at Setbacks When Things Aren't Going Right

This recording addresses feeling discouraged when you experience setbacks along the way to accomplishing your goal.

First, think about how this issue relates to you specifically. Next, name the feeling you are having about this issue and give your feeling an intensity or belief rating from 1-10. Pause the recording now if you need to. Remember, this process will still be clearing the belief even if you're not feeling much about it right now.

OK, so we begin by rubbing on the tender spot on your chest. Repeat after me.

Even though I feel discouraged when things are not going the way I want them to, I deeply and completely love and accept myself.

Even though I feel discouraged when things are not going the way I think they should, I choose to love and accept myself just the way I am.

Even though I feel discouraged when things go wrong, I deeply and completely love and accept myself, no matter what.

Now, tap on your eyebrow: I feel discouraged when things are not going the way I want them to.

Side of the eye: I feel discouraged when things are not going the way I think they should.

Under the eye: I feel discouraged when things go wrong.

Upper lip: I feel discouraged when things are not going the way I want them to.

Chin: I feel discouraged when things are not going the way I think they should.

Collarbone: I feel discouraged when things go wrong.

Under the arm: I feel discouraged when things are not going the way I want them to.

Side of the hand: Even though I feel discouraged when things are not going the way I think they should, I choose to release this feeling and judgment now and love and accept myself just the way I am no matter what. I choose to see this unexpected experience as an opportunity to clear some shadow issues I have that I wouldn't look at otherwise. I choose to trust that I'm about to figure things out and move forward again.

Now, tap on the back of your hand, at the 9 Gamut Point. Now, close your eyes. Open your eyes. Look down hard to the right. And down hard to the left. Now roll your eyes all the way around. And roll them the other way. Hum Row Your Boat (hum). Count to five. 1 2 3 4 5. Hum Row Your Boat again (hum).

Good. Now tap on your eyebrow again. I feel discouraged when things are not going the way I want them to.

Side of the eye: I feel discouraged when things are not going the way I think they should.

Under the eye: I feel discouraged when things go wrong.

Upper lip: I feel discouraged when things are not going the way I want them to.

Chin: I feel discouraged when things are not going the way I think they should.

Collarbone: I feel discouraged when things go wrong.

Under the arm: I feel discouraged when things are not going the way I want them to.

Side of the hand: Even though I feel discouraged when things are not going the way I think they should, I choose to release this feeling and judgment now and love and accept myself just the way I am no matter what. I choose to see this unexpected experience as an opportunity to clear some shadow issues I have that I wouldn't look at otherwise. I choose to trust that I'm about to figure things out and move forward again.

Now, take a nice, deep breath. (deep breath)

Good.

And that's the end of this round. Now, check your intensity rating again on a scale of 1-10. Is it better? If you're still feeling some intensity about this issue right now, you can go back and repeat this process again until you feel more peaceful and centered. Know that every time you do this process, you are clearing away a new layer of this mistaken belief. You are coming closer and closer to living from that place of wisdom, love, and confidence that's always within you.

R16 Feeling Like a Loser Who Will Never Succeed

This recording addresses those times when you feel like you are just a loser and there's no way you could succeed.

First, think about how this issue relates to you specifically. Next, name the feeling you are having about this issue and give your feeling an intensity or belief rating from 1-10. Pause the recording now if you need to. Remember, this process will still be clearing the belief even if you're not feeling much about it right now.

OK, so we begin by rubbing on the tender spot on your chest. Repeat after me.

Even though I feel like I'm just a loser and there's no way I could succeed, I deeply and completely love and accept myself.

Even though I feel like I'm just a loser and there's no way I could succeed, I choose to love and accept myself just the way I am.

Even though I feel like I'm just a loser and there's no way I could succeed, I deeply and completely love and accept myself no matter what.

Now, tap on your eyebrow: I feel like I'm just a loser and there's no way I could succeed.

Side of the eye: I feel like I'm just a loser and there's no way I could succeed.

Under the eye: I feel like I'm just a loser and there's no way I could succeed.

Upper lip: I feel like I'm just a loser and there's no way I could succeed.

Chin: I feel like I'm just a loser and there's no way I could succeed.

Collarbone: I feel like I'm just a loser and there's no way I could succeed.

Under the arm: I feel like I'm just a loser and there's no way I could succeed.

Side of the hand: Even though I feel like I'm just a loser and there's no way I could succeed, I choose to release this mistaken judgment now and love and accept myself just the way I am. I define who I am. And I choose to see myself as successful, happy, and fulfilled in whatever I choose to do. I choose to see myself as a winner. I know my success is inevitable. I feel success flowing to me now.

Now, tap on the back of your hand, at the 9 Gamut Point. Now, close your eyes. Open your eyes. Look down hard to the right. And down hard to the left. Now roll your eyes all the way around. And roll them the other way. Hum Row Your Boat (hum). Count to five. 1 2 3 4 5. Hum Row Your Boat again (hum).

Good. Now tap on your eyebrow again. I feel like I'm just a loser and there's no way I could succeed.

Side of the eye: I feel like I'm just a loser and there's no way I could succeed.

Under the eye: I feel like I'm just a loser and there's no way I could succeed.

Upper lip: I feel like I'm just a loser and there's no way I could succeed.

Chin: I feel like I'm just a loser and there's no way I could succeed.

Collarbone: I feel like I'm just a loser and there's no way I could succeed.

Under the arm: I feel like I'm just a loser and there's no way I could succeed.

Side of the hand: Even though I feel like I'm just a loser and there's no way I could succeed, I choose to release this mistaken judgment now and love and accept myself just the way I am. I define who I am. And I choose to see myself as successful, happy, and fulfilled in whatever I choose to do. I choose to see myself as a winner. I know my success is inevitable. I feel success flowing to me now.

Now, take a nice, deep breath. (deep breath)

Good.

And that's the end of this round. Now, check your intensity rating again on a scale of 1-10. Is it better? If you're still feeling some intensity about this issue right now, you can go back and repeat this process again until you feel more peaceful and centered. Know that every time you do this process, you are clearing away a new layer of this mistaken belief. You are coming closer and closer to living from that place of wisdom, love, and confidence that's always within you.

R17 Inherited Anxiety and Self-Doubt

This process addresses the tendency to feel anxiety and self-doubt that was probably passed down to you from somewhere in your family. It is structured a little differently, so just go with the flow.

First, think about how this issue relates to you specifically. Next, name the feeling you are having about this issue and give your feeling an intensity or belief rating from 1-10. Pause the recording now if you need to. Remember, this

process will still be clearing the belief even if you're not feeling much about it right now.

OK, so we begin by rubbing on the tender spot on your chest. Repeat after me.

Even though I have this family programming for anxiety and self-doubt, I deeply and completely love and accept myself, just the way I am.

Even though I inherited this tendency to feel anxiety and self-doubt and to give up on myself, I love and accept myself just the way I am.

Even though I have this cellular memory of anxiety and self-doubt that makes it harder for me to try things, I love and accept myself just the way I am, no matter what.

Tap on your eyebrow: This inherited tendency to feel anxiety and self-doubt.

Side of the eye: This cellular memory for anxiety and self-doubt in my DNA.

Under the eye: This tendency for self-doubt that goes back through generation after generation.

Upper lip: I choose to release this cellular memory of anxiety and self-doubt now.

Chin: I see light flowing into my cells, re-organizing my DNA to release this anxiety and self-doubt.

Collarbone: My DNA is re-programming to release this old inherited tendency to feel anxiety and self-doubt and to give up on myself.

Under your arm: I am imagining the energy of my DNA re-structuring to release these negative beliefs and tendencies.

Side of the hand: Each cell in my body is now filling with light. That old tendency to feel anxiety and self-doubt is melting away in the light. And self-love, self-acceptance, and faith in myself are now filling those spaces in my DNA and my cells.

Now, tap on the back of your hand, at the Nine Gamut Point. Now, close your eyes. Open your eyes. Look down hard to the right. And down hard to the left. Now roll your eyes all the way around. And roll them the other way. Hum Row Your Boat (hum). Count to five. 1 2 3 4 5. Hum Row Your Boat again (hum).

Go back and tap on your eyebrow again: I see this change rippling back over the generations, changing the DNA in me and in all of my ancestors that had this tendency to feel anxiety and self-doubt.

Side of the eye: Light and love is flowing back through the generations, releasing us all from this habit of anxiety.

Under the eye: I am free of these tendencies to doubt myself now.

Upper lip: All of my current family is also being released from this old pattern of anxiety, self-doubt, and giving up on ourselves.

Chin: We are all free now.

Collarbone: Confidence and self-acceptance and determination to succeed are now programmed into my DNA and into the DNA of my whole family past, present, and future.

Under the arm: The light is now filling each cell of my body with unwavering faith in myself.

Hand: My cells and DNA are now re-programmed to allow true confidence and success to bloom within me and in my life.

Now, take a nice, deep breath. (deep breath)

Good.

And that's the end of this round. Now, check your intensity rating again on a scale of 1-10. Is it better? If you're still feeling some intensity about this issue right now, you can go back and repeat this process again until you feel more peaceful and centered. Know that every time you do this process, you are clearing away a new layer of this mistaken belief. You are coming closer and closer to living from that place of wisdom, love, and confidence that's always within you.

R18 Not Wanting to Let Go of Anxiety and Self Doubt

This process addresses the resistance part of you may have to releasing these habitual tendencies to feel anxiety and self-doubt that have become so familiar to you. It is structured a little differently, so just go with the flow.

First, think about how this issue relates to you specifically. Next, name the feeling you are having about this issue and give your feeling an intensity or belief rating from 1-10. Pause the recording now if you need to. Remember, this process will still be clearing the belief even if you're not feeling much about it right now.

OK, so we begin by rubbing on the tender spot on your chest. Repeat after me.

Even though part of me doesn't want to let go of this anxiety and self-doubt because I'm not sure who I would be without them, I deeply and completely love and accept myself.

Even though I've had these tendencies to feel anxiety and self-doubt for so long and they are such a familiar part of my life, I am ready to release them now.

Even though these tendencies to feel anxiety and self-doubt are so much a part of my experience that a part of me thinks they *are* me, I choose to reassure that part that we can let these tendencies go and everything is going to be OK.

Tap on your eyebrow: Part of me doesn't want to let go of these old, familiar feelings of anxiety and self-doubt.

Side of the eye: Part of me doesn't want to let go of this anxiety and self-doubt.

Under the eye: These tendencies to feel anxiety and self-doubt are so much a part of my experience that a part of me thinks they *are* me.

Upper lip: Part of me doesn't want to let go of this anxiety and self-doubt.

Chin: Part of me doesn't want to let go of this anxiety and self-doubt.

Collarbone: Part of me doesn't want to let go of this anxiety and self-doubt.

Under your arm: Part of me doesn't want to let go of this anxiety and self-doubt.

Side of the hand: Even though part of me doesn't want to let go of this anxiety and self-doubt, I choose to know it is safe to release them now. I choose to know that the source of well-being is inside of me and doesn't depend on anything outside of myself. It's safe to release these feelings. It's safe to follow my heart. It is safe to pursue my dreams.

Now, tap on the back of your hand, at the 9 Gamut Point. Now, close your eyes. Open your eyes. Look down hard to the right. And down hard to the left. Now roll your eyes all the way around. And roll them the other way. Hum Row Your Boat (hum). Count to five. 1 2 3 4 5. Hum Row Your Boat again (hum).

Good. Back to your eyebrow: Part of me doesn't want to let go of this anxiety and self-doubt.

Side of the eye: I've had these tendencies to feel anxiety and self-doubt for so long and they are such a familiar part of my life.

Under the eye: Part of me doesn't want to let go of this anxiety and self-doubt.

Upper lip: Part of me doesn't want to let go of this anxiety and self-doubt.

Chin: Part of me doesn't want to let go of this anxiety and self-doubt.

Collarbone: Even though part of me isn't sure, I choose to know that it is safe to release these tendencies to feel anxiety and self-doubt.

Under your arm: Even though part of me doesn't want to let go of this anxiety and self-doubt, I choose to know that the core of my being is centered, peaceful, inspired, and full of well-being.

Side of the hand: Even though part of me doesn't want to let go of this anxiety and self-doubt, I choose to release these old tendencies now. I choose to know that the core of my being is centered, peaceful, inspired, and full of well-being. I choose to know that the source of my well-being and wisdom is inside of me and doesn't depend on anything outside of myself. It's safe to release these feelings. It's safe to follow my heart. It is safe to pursue my dreams.

Now, take a nice, deep breath. (deep breath)

Good.

And that's the end of this round. Now, check your intensity rating again on a scale of 1-10. Is it better? If you're still feeling some intensity about this issue right now, you can go back and repeat this process again until you feel more peaceful and centered. Know that every time you do this process, you are clearing away a new layer of this mistaken belief. You are coming closer and closer to living from that place of wisdom, love, and confidence that's always within you.

R19 Sadness About Not Feeling Good Enough
and Not Feeling Able To Love Yourself

This recording will help you release sadness and other feelings related to the mistaken belief that you are not good enough and not able to love yourself as you are. It is structured a little differently, so just go with the flow.

First, think about how this issue relates to you specifically. Next, name the feeling you are having about this issue and give your feeling an intensity or belief rating from 1 to 10. Pause the recording now if you need to. Remember, this process will still be clearing the belief even if you're not feeling much about it right now.

OK, so begin by rubbing the tender spot on your chest. Repeat after me.

Even though I feel like I'm not good enough, I choose to love myself the way I am.

Even though it seems so hard to love myself the way I am, I choose to connect with the deeper part of me that does love me just the way I am.

Even though I feel so sad about these mistaken beliefs I've been carrying around my whole life, I choose to love and accept myself the way I am.

OK. Now, tap on your eyebrow: This sadness that I feel like I'm just not good enough.

Side of the eye: This sadness that I feel like I'm just not good enough and that I feel like I'm not OK the way I am.

Under your eye: This sadness that it's so hard to love myself the way I am. I have so many judgments of myself that I'm not worthwhile, that I'm not good enough, and it hurts me.

Upper lip: This sadness that I have these judgmental voices in my head that tell me I'm not loveable the way I am.

Chin: This sadness that I feel like I'm not good enough and that it's so hard to love myself the way I am.

Collarbone: This sadness that I feel like I'm not good enough and it seems so hard to love myself the way I am.

Under your arm: This deep sadness that part of me won't accept me as I am and thinks I'm not good enough.

Side of your hand: Even though I feel this sadness about feeling like I'm not good enough, I choose to release these feelings now and love and accept myself the way I am. I choose to follow my path with joy and well-being. I choose to practice loving myself in every moment, in every feeling I have, in every thought that comes to me. I'm connecting with the deepest part of me that loves me and accepts me just the way I am no matter what.

Now, tap on the back of your hand, at the 9 Gamut Point. Close your eyes. Open your eyes. Look down hard to the right. And down hard to the left. Roll your eyes all the way around in a circle. Roll them the other way. Hum Row Your Boat (hum). Count to five. 1 2 3 4 5. Hum Row Your Boat again (hum).

OK, now tap on your eyebrow again: This deep sadness that it's hard for me to love myself the way I am.

Side of the eye: This deep sadness that part of me thinks I'm not good enough.

Under your eye: This deep sadness that part of me thinks I'm not loveable. I can be so hard on myself.

Upper lip: This sadness that I feel like I'm not good enough and that I feel like I can't follow my path with joy and confidence because I just won't let myself love myself as I am.

Chin: This sadness that it's so hard to love myself as I am and at times I feel worthless and I feel sad and I feel like I'm just not good enough.

Collarbone: This sadness that I feel like I'm not good enough that I have all these negative ideas in my head about why I think I'm not loveable.

Under your arm: This sadness that part of me finds it so hard to love myself. I want to follow my path, I want to love myself as I am, but I'm not sure how. I judge myself so much and question myself so much. But now, I'm letting all these beliefs and ideas quiet down. I'm letting my heart speak to me now and letting the deepest part of me speak to me now. And I hear it say, I am perfect just the way I am.

Side of the hand: Even though I feel this sadness and I feel like I won't let myself love myself, I know that's just a mistaken belief I have. I know that the deepest part of me loves me just the way I am, so who am I not to love myself? I see it's just a mistaken idea I have. It's like an old coat I've been wearing for a long time

and I'm ready to let it go. I'm releasing that old coat now and I feel the warmth of the sun of unconditional love shining down on me, warming me, reassuring me, I am loved. I am perfect just the way I am. I choose to love myself the way I am, just the way the deepest part of me loves me.

Now, take a nice, deep breath.

Good.

And that's the end of this round. Now, check your intensity rating again on a scale of 1-10. Is it better? If you're still feeling some intensity about this issue right now, you can go back and repeat this process again until you feel more peaceful and centered. Either way, know that every time you do this process, you are clearing away a new layer of this mistaken belief. You are coming closer and closer to living from that place of wisdom, love, and confidence that's always within you.

R20 Clearing Painful Past Experiences

Before you begin this process, choose a specific painful memory related to the origins of your feelings of low self-confidence. This might include past painful experiences of failure, making mistakes, or giving up.

Choose a simple title for this incident. Say it out loud now. In the following process, when I say, "That painful experience," you can either say this title you've come up with or just repeat, "That painful experience" with me if you prefer. Either way, you will be clearing the incident from your energy system.

Now give this experience an intensity rating of 1 to 10 and name the feeling related to it: shame, guilt, sadness, anger, etc.

Good. Now we're ready to begin.

Rub your tender spot and repeat after me:

Even though I had that painful experience, I deeply and completely love and accept myself.

Even though I had that painful experience, I choose to love and accept myself just the way I am.

Even though I had that painful experience, I deeply and completely love and accept myself, no matter what.

Now, tap on your eyebrow: That painful experience.

Side of the eye: That painful experience.

Under the eye: That painful experience.

Upper lip: That painful experience.

Chin: That painful experience.

Collarbone: That painful experience.

Under the arm: That painful experience.

Side of the hand: Even though I had that painful experience, I choose to release that pain now and love and accept myself just the way I am. I choose to release whatever mistaken beliefs I may have learned from that experience. I choose to know I am perfect just the way I am.

Now, tap on the back of your hand, at the 9 Gamut Point. Now close your eyes. Open your eyes. Look down hard to the right. And down hard to the left. Now roll your eyes all the way around. And roll them the other way. Hum Row Your Boat (hum). Count to five. 1 2 3 4 5. Hum Row Your Boat again (hum).

Good. Now tap on your eyebrow again. That painful experience.

Side of the eye: That painful experience.

Under the eye: That painful experience.

Upper lip: That painful experience.

Chin: That painful experience.

Collarbone: That painful experience.

Under the arm: That painful experience.

Side of the hand: Even though I had that painful experience, I choose to release that pain now and love and accept myself just the way I am. I choose to release whatever mistaken beliefs I may have learned from that experience. I choose to know I am perfect just the way I am.

Now, take a nice, deep breath.

Good.

And that's the end of this round. Check your intensity rating now. Is it better? If you're still feeling some intensity about this experience right now, go back and repeat this process again until you feel more peaceful and centered. By getting your intensity level down to a 1 or 0 for this particular experience, you are clearing away another layer of self-imposed limitation. You are coming closer and closer to living from that place of wisdom, love, and confidence that's always within you.

R21 Attracting Your Vision Process

In this process, we are going to use the power of your imagination to help you create the success you want. It's helpful to read your Vision Statement out loud before beginning this process. If you need to, pause the recording and do that now.

So, to begin, sit with your spine straight and your feet flat on the ground. Now, just close your eyes and take a nice deep breath. Good. Now breathe light into your being with every breath… as you relax more and more. Feel yourself filling with light. And now feel your feet on the ground. Feel how good that feels. You are grounded. The earth is supporting you, now and always.

Now picture what you want to create as if you have accomplished it already. See your Vision coming true in your imagination. See all the wonderful details of your Vision Statement as if they are all happening right now. See yourself succeeding

at your heartfelt goal. See your ideal outcome coming true right now. Think about all the wonderful details of success you described in your Vision Statement; they're all coming true right now. Just enjoy how wonderful it feels to achieve all of that. Make it real in your imagination and really feel it.

Now, imagine that moment that you succeed at your goal. Feel how happy you are that you really did it! You succeeded at your goal! You really made your dream come true. Really feel how joyful and satisfied you feel at this great accomplishment. Savor and enjoy this wonderful feeling of success. If someone is with you, see them sharing your joy at your accomplishment. See yourself some place really beautiful as you appreciate and celebrate your success. Make this Vision just right for you. Let yourself really feel how absolutely wonderful it feels to have achieved your goal.

Really feel the essence of your success. You feel so happy and confident and sure of yourself. You've accomplished your goal and you feel wonderful. You know you can accomplish whatever you set your mind to. You know there are no limits to what you can achieve. Feel the gratitude you feel in achieving this goal.

You love and accept yourself just the way you are. You know your well-being comes from within, and so you are free to enjoy each moment and enjoy the process of manifesting your success.

Now just picture a beautiful light within you in the area of your heart and solar plexus. This light is the magnetic energy of your Vision. See it becoming a whirling magnetic vortex which begins within you and expands outward and upward through your body and beyond. This magnetic vortex is attracting what you want into your life. Feel this whirling vortex of magnetic energy drawing what you want to you. You are in harmony with the positive energy of your Vision, and

so, like a magnet, you are attracting the success you desire to you now. Feel yourself drawing success to you through this vortex of magnetic energy. You are attracting all the experiences and support and ideas that will help you to manifest your goal now. The success you desire is coming to you now. Feel your success being drawn to you in this whirling vortex of magnetic energy. Feel the pull of the magnetic energy of your Vision within you, attracting what you want to you now.

Know that what you want *is* coming. Every step of the way manifests joyfully as you follow your path. You are supported as you follow your path. You are attracting your wonderful Vision of success to you now. You create through joy and inspiration because you know that the source of unconditional well-being is within you. And all is well.

Now repeat after me: I am now magnetizing my wonderful Vision into my life. My well-being is unconditional. The Source of well-being is always within me. And so I am free to create from joy and inspiration. I trust that what I am creating will come at the perfect time and in the perfect way. I feel deep gratitude that I am receiving just what I want or something even better. I thank the Abundant Universe in advance for helping to bring this success to me now.

You have just taken a significant step forward in aligning your energy with what you want and drawing it to you, allowing the success you desire to come into your life now.

Just stay here and enjoy this wonderful feeling of confidence and success as long as you like. Keep visualizing your success in all it's wonderful details as long as you like.

R22 Connecting With Your Inner Guidance

Before you begin this guided visualization process, write out or state your question to yourself to help clarify what you want to focus on in this session. Pause this recording now, if you need to, in order to complete this step. As you proceed through this process, I recommend that you pause the recording at each section to give yourself plenty of time to listen for the answers. That way, you can also write down the answers you receive. When you're done receiving and writing, just close your eyes and come back to that place of peace in your garden.

Now, just close your eyes and get into a comfortable position with your spine straight and your feet flat on the ground.

Close your eyes and take a nice deep breath. (breathe) Now picture yourself surrounded by a beautiful light. It's growing brighter and brighter. You realize that this light is within you, it's shining out from within. You are filled with light.

Your imagination is the doorway to the wisdom within you. So, just allow yourself to play and explore with this process and see where it takes you.

See yourself entering a beautiful garden. This is your own special place, just for you. It looks just the way you want it to. It's wonderful, warm, and welcoming.

You see in the distance, someone waiting here for you, a beautiful Being of Light. As you get closer, you can feel that this is your own Inner Guide, the source of your own inner wisdom and knowing, the source of your intuition and personal truth.

You approach, and now you see what they look like. They are wise and radiant, radiating light from within. You can feel their love and unconditional acceptance of you. They are so happy to see you. They are glad that you have come to your garden to meet them and communicate in this way.

You are now in front of them. You greet each other warmly. And now, take a moment to ask your question.

Your Inner Guide may answer your question with words. They might show you some images, ideas, or symbols. You might have a feeling in your body or emotions. Know that whatever comes is perfect for you.

First, listen for what your Inner Guide says to you. Let your imagination guide you as you just play and explore with this. Have a conversation about your question if it feels right to do that. And just explore where this dialog takes you. Pause the recording now to write down your Inner Guide's answer, again, letting your imagination guide you.

And now, is your Inner Guide sending you any images, ideas, or symbols? Remember, let your imagination guide you and know that whatever comes is perfect for you. It's helpful to just start describing any images you are receiving as they come to you. This will often reveal more details and help you understand their meaning more deeply. Ask your Inner Guide to help you understand the meaning if needed. Pause the recording now, get quiet, and take some time to let the images and their meaning float into your consciousness.

Now, check in with your body. When you focus on your question, do you feel anything in particular? If it fits with your question, does the feeling feel like a yes or a no? If you're not sure what the feeling you're having means, ask your Inner

Guide to help you understand. Pause the recording now and notice what you are feeling in your body and what the meaning might be.

Ask your Inner Guide what next action or actions would be helpful to take right now to move forward toward achieving your goal. Pause again and listen to the answer.

Wonderful. Now ask your Inner Guide if there is anything else they would like to share with you before you come back. Pause again and listen for the answer.

Thank your Inner Guide, now. Feel how grateful and happy you both are in making this connection. Know you can come back here at any time. This infinite source of wisdom within you is always available. It comes from the deepest part of who you are. As you practice making this connection, you will find the ideas and insights flowing more and more easily.

And now, feel your light growing brighter as you come back into this world. Feel your body in the chair. Feel your feet on the ground. Take a nice deep breath. And open your eyes.

If you haven't already, take some time to write down the insights and ideas you received in this session. And remember, all the answers you ever need are within you.

R23 Affirmations One Recording

This recording includes affirmations from the various recorded processes. As you tap along, you will be installing new positive beliefs that will support you in developing confidence and succeeding at your goals.

So, tap on your eyebrow: I choose to commit to achieving my goals with passion and enthusiasm. I choose to feel excited about moving forward towards my goal.

Side of the eye: I choose to easily hear my inner guidance and trust it. I choose to know that whatever I decide to do, it will somehow take me closer to my goal. I choose to trust my inner guidance and feel self-confident in my decisions.

Under the eye: I choose to release whatever mistaken beliefs I may have learned from past experiences. I choose to know I am perfect just the way I am.

Upper lip: I choose to connect with the source of true confidence and courage within me that knows I can do what I want to do and that everything will turn out beautifully.

Chin: I choose to feel safe taking action. One step at a time, I will accomplish my goal.

Collarbone: I choose to connect with the deeper part of me that feels safe and grounded and connected and is absolutely sure of myself and *knows* that all is well.

Under the arm: I choose to see experiences that don't turn out how I want them to as opportunities to clear some shadow issues I have that I wouldn't look at otherwise. I choose to trust that I'm figuring things out and moving forward.

Side of the hand: I am safe in following my heart and pursuing my dreams.

Eyebrow: I know that the deepest part of me loves me just the way I am. I choose to feel the warmth of this love within me shining through me, warming me and reassuring me.

Side of the eye: I am loved. I am perfect the way I am. I choose to love myself the way I am, just the way the deepest part of me loves me.

Under the eye: Each cell in my body is now filling with light. Self-love, self-acceptance, and faith in myself are now filling the spaces in my DNA and my cells.

Upper lip: My cells and DNA are now re-programmed to allow true confidence and success to bloom within me and in my life.

Chin: Every experience gives me valuable new information about how to succeed. I choose to never give up on my heartfelt goals and I choose to learn from every experience and so I will *always* succeed.

Collarbone: I choose to connect with the deeper part of me that knows that what I have to offer is just what the world is looking for.

Under your arm: I choose to know that my abilities are the seeds of success that are already within me. I choose to nurture them and help them to grow.

Side of the hand: I choose to love and accept myself just the way I am no matter what. I choose to connect with the deeper part of me that is absolutely sure of myself and knows I will succeed at whatever I set my mind to.

And we're done. Listen to this process as often as you like. Each time you listen to it, you are bringing yourself closer and closer to living from that place of wisdom, love, and true confidence that's always within you.

R24 Affirmations Two Recording

This recording includes affirmations from the various recorded processes. As you tap along, you will be installing new positive beliefs that will support you in developing confidence and succeeding at your goals.

So, tap on your eyebrow: I choose to love and accept myself just the way I am no matter what.

Side of the eye: I choose to know I am good enough just the way I am. I am perfect just the way I am. Who I am, what I do, and what I have to offer *is* good enough. I choose to feel self-confident and succeed at whatever I set my mind to.

Under the eye: The source of well-being is inside of me. My well-being doesn't depend on anything outside of myself.

Upper lip: I choose to feel total self-confidence and succeed at whatever I set my mind to.

Chin: I choose to release my fears and follow my dreams with strength and commitment.

Collarbone: I choose to know that mistakes are part of the process of growing and learning and succeeding. Every successful person makes mistakes on the

way to success. They just choose to learn and improve from them. And that's what I'm choosing to do as well.

Under your arm: I choose to have total self-confidence and succeed at whatever I set my mind to. I choose to feel excited about moving forward towards my goal.

Side of the hand: I now choose to free myself from the bondage of worrying about other people's opinions about me or about anything I do. I am free to be who I am and act as I am inspired.

Eyebrow: I choose to attract people into my life who love and honor me just the way I am.

Side of the eye: I choose to feel self-confident and succeed at whatever I set my mind to.

Under the eye: I define who I am. And I choose to see myself as successful, happy, and fulfilled in whatever I choose to do.

Upper lip: I choose to see myself as a winner. I know my success is inevitable. I feel success flowing to me now. I am capable of succeeding at whatever I set my mind to.

Chin: It's safe to follow my heart. It is safe to pursue my dreams.

Collarbone: I choose to know that the core of my being is centered, peaceful, inspired, and full of well-being. I choose to know that the source of my well-being and wisdom is inside of me and doesn't depend on anything outside of myself.

Under your arm: I choose to connect with the source of true confidence and courage within me that knows I can do what I want to do and that everything will turn out beautifully.

Side of the hand: I choose to commit to succeeding at my goal and to completely enjoying my success when it comes. I see, that by my example of joyful success, others can be inspired to their own success. I choose to know it is safe to succeed. I choose to know it is wonderful to succeed. I choose success now.

And we're done. Listen to this process as often as you like. Each time you listen to it, you are bringing yourself closer and closer to living from that place of wisdom, love, and true confidence that's always within you.

R25 Gratitude and Celebration of Progress Recording

Close your eyes and get into a comfortable position, with your spine straight and your feet flat on the ground. Take a nice deep breath. Imagine your body is filling with light with each breath you take. Imagine that you're going into a garden now. This is your Garden of Gratitude. This is a special place for you to come, to give and receive gratitude. It's a beautiful day and your garden is beautiful. You see a circle at the center of the garden and you walk into the middle of this circle.

You are joined now by all of those people who have helped you on your journey in small and large ways. A number of beings of light are coming to join the circle as well. These beings are supporting you in unseen ways to bring together the circumstances and people to help you achieve your goal. They often help you feel encouragement and inspiration to support you on your path. All those that are helping you are surrounding you in this circle.

You turn to them and smile. Take a moment to thank them all for supporting you on your path.

They each smile at you in return. Feel this circle of support all around you.

And now, feel *their* gratitude for *you*. Each person that follows their heart and moves forward toward their dreams, clearing limiting ideas and painful feelings along the way, reconnecting with their True Self, helps make the way easier for those who will follow. Hear them say thank you for the work you are doing. In following your heart, you are helping many people see that that this is possible for them as well.

Feel yourself receiving beams of love and gratitude from all of those who are in the circle. Feel them sending you beams of light and love to help you gently release your negative beliefs and feelings, to help you achieve your goal, and to help you open to your True Self and the unconditional well-being within you.

And now, hear them encouraging you. They say, *We believe in you. We know you can do it. You're making progress. We are here to support you*. *And you're doing great. Just take one step at a time, one moment at a time, and enjoy the journey.*

Now say the following affirmations to yourself: *I am now allowing helpful people, synchronicities and coincidences, beneficial opportunities, and any other helpful assistance to come into my life to support me in achieving my goal. I am thankful for the progress I am making toward achieving my goal. I know I will achieve my goal and I am thankful for the success that is coming. And I am thankful for all the blessings of this moment of my life as well.*

And now it's time for the celebration! You share hugs and smiles with these friends who are supporting you and appreciating you. You're all celebrating everything you've accomplished so far and all the support you are receiving to help you along the way.

Enjoy this celebration and stay here as long as you like. Know that feeling gratitude is a powerful way to bring yourself into a state of allowing what you want to come to you. As you appreciate the good things in yourself and in your life, you are allowing more good things to come in. The feeling of gratitude is another doorway into feeling your True Self and the unconditional well-being within you as well. If there are other things you'd like to express your gratitude for, take some time to do that now. Enjoy this feeling of gratitude for as long as you like.

R26 Guided Meditation One Recording

This is a guided meditation to help you connect with your True Self, the part of you that is always connected and in the flow and knows that all is well, always.

Find a comfortable position with your spine straight and your feet flat on the ground. Close your eyes and take a nice deep breath. Good. Let a little smile come to your face now, a sweet inner smile that wells up from within.

See yourself surrounded by a cocoon of warm, comforting light.

Now picture a beautiful light above your head. This is the Light of your True Self. It is shining down upon you now. See this light pouring down into the top of your head. It's warming and relaxing you, connecting you with your Source.

This stream of light is flowing through your body now, filling you with the energy of love and self-acceptance. You are perfect just the way you are.

In this stream of light, the energy center at the top of your head is growing brighter, radiating a perfect white light like a beautiful sun at the top of your head. Feel this connection to your Source.

The light flows down through your head, activating the energy center in the center of your head, at the level of your forehead. See this center warming and becoming brighter, radiating with a beautiful violet light, awakening your intuition and inner wisdom.

The light flows down into your throat now and the center there is glowing with a beautiful blue light, brighter and brighter. You express your inner truth with clarity and love.

The light flows down your arms, down your torso, and into your heart. Feel the light warming and energizing your heart center. See that center growing brighter with a beautiful, radiant rose-pink light. Its radiance is expanding to fill your whole body with the warm, comforting energy of unconditional love. You are in a cocoon of love.

The energy is flowing down into your solar plexus region now, at the center of your body at the base of your rib cage. This energy center is growing brighter with a beautiful yellow-golden light, like a beautiful sun in the center of your body. This is your center of true power in the world. Let that center grow brighter and stronger now.

The light flows down to your belly now, to the energy center in your abdomen. Just picture a beautiful ball of warm orange light becoming brighter and brighter there, warming you and relaxing you. This is your center of creativity, sexuality, and connection with others. Let this light bring you into a state of ease, balance and natural flow.

Now the light flows down to the base of your spine. Picture a sphere of radiant red energy there, a beautiful, bright, vibrant, red sun of energy growing brighter and brighter. As you energize this center, you feel grounded and safe.

The light flows down your legs now. Down your legs through the bottoms of your feet and down into the Earth. The energy reaches down, down through the layers to the core of the Earth. You are now connected to the center of the Earth, to the heart of the Earth. You feel supported and grounded in this connection.

Now, send light to any part of your body that feels tension or to any part of you that would benefit from opening to this healing energy. Just picture any tension melting away, opening that area of your body to let the light flow through.

Remember, the sweet inner smile that wells up from within.

Now go back to your heart center. Become aware of the beautiful light there. It's like a beautiful sun of Love at the core of your being. Let your heart's light grow brighter and brighter now. Just feel yourself enveloped in this cocoon of beautiful, loving, healing light.

From this space, you know that all is well. You are always connected to the Source of Love and Wisdom and Creation at the core of your Being. You are

perfect just the way you are. Just enjoy this feeling as you let the following words flow through your being.

I am love.

I allow myself to be.

I am filled with the Presence of this moment.

My well-being is unconditional.

I am free. In this moment, I am free.

My heart is a radiant sun.

I am filled with Unconditional Love.

I am filled with Unconditional Well-being.

I am one with my True Self.

Enjoy this connection with your True Self. This is a doorway into all love, joy, and wisdom you can imagine. This is you. Just stay in this state of peaceful meditation as long as you like. And may this peace stay with you, now and always.

R27 Guided Meditation Two Recording

This is a guided meditation to help you connect with your True Self, the part of you that is always connected and in the flow and knows that all is well, always.

To begin, just get into a comfortable position with your feet flat on the ground and your spine straight. Close your eyes and take a nice, deep breath.

Let a little smile come to your face now, a sweet inner smile that wells up from within.

And now, see yourself surrounded by a cocoon of warm, comforting light. Now picture a beautiful light above your head, a radiant sun. This is your True Self, the light of your Being. See this beautiful energy flowing down through your body like a waterfall of light.

The light flows down through the top of your head, down through your shoulders, relaxing every part of you, down through your arms and torso, down through your legs, down, down… pouring down through you, descending down through your body, and now down through the bottoms of your feet into the Earth. Feel it reaching down, down through the layers of the Earth, down to that warm heart of the Earth. The Earth is supporting you and loving you. Your True Self supports you and loves you and flows through you. You are safe and grounded. You are connected to your Source. Your True Self is flowing through you and you are One.

Now, send light to any part of your body that feels tension or to any part of you that would benefit from opening to this healing energy. Just picture any tension melting away, opening that area of your body to let the light flow through.

As this Light flows through your body, the energy centers in your body resonate and harmonize with this Light. Filling with the light of your Being, each center grows radiant, like a beautiful sun. See the energy center at the top of your head expanding and growing brighter like the sun. Now the center in your forehead is growing brighter; see a beautiful sun there. And the light grows brighter in your throat center; see the radiant sun there. And now your heart center shines like a beautiful sun, radiating light and love and acceptance. Now see your solar plexus center at the base of your rib cage shining like a sun in the center of your body. See the light filling your belly now, feel the warm sun in the middle of your abdomen, relaxing you and warming you. See the beautiful sun at the base of your spine glowing brightly. You feel grounded and safe. Each center is radiant now, seven beautiful suns shining out from within.

Remember, the sweet inner smile that wells up from within.

As I say the following words, just feel yourself aligning your energies with this vision of what you are creating.

I am so happy and grateful that I feel this deep connection with my True Self. I feel so grounded and centered and happy. I feel my connection with my True Self. My heart is open. I allow myself to be. I love myself deeply and completely just the way I am no matter what. I feel how connected I am to my own Source, to the original Source, of everything. I feel my heart opening more and more. I know that I am one with the Ocean of Love. I am Love itself. I feel the unconditional well-being that is at the core of who I am.

My channels of energy are open and flowing. I know that I am connected to my own Source, to the One source of all things, the True source within us all. I allow

myself to be who I am. I allow myself to love who I am. I love myself deeply and completely, knowing I am overflowing with that Loving Presence that is my True Self. I am overflowing with that Presence, deeply grounded into the Earth, feeling whole and complete. I know all is well. I am one with my True Self. All is well. I am whole, I am full, I am loved, I am safe, I am One with all of Creation. I am a Being of Light and Love. I am one with my True Self, with the Source of all, and all is well.

Just allow yourself to feel the love at the center of your Being. Unconditional acceptance and love. Your well-being is unconditional. You are open to give and receive love unconditionally. You are free to be who you are.

Feel the feelings of love and well-being welling up within you. Overflowing through your Being. Loving yourself and your life unconditionally. You are perfect the way you are. You are connected to the Ocean of Love, the endless supply, now and always. And all is well.

You are one with the Ocean of Love.

Enjoy this connection with your True Self. This is a doorway into all love, joy, and wisdom you can imagine. This is you. Just continue in this state of peaceful meditation as long as you like. And may this peace stay with you, now and always.

APPENDIX

Helpful Additional Resources for Your Inspiring Life

More Helpful Resources for Your Inspiring Life

On the YourInspiringLife.com website, I have created a blog with the intention that this site will be a continually expanding, interesting, and helpful resource for you. I plan to add lots of blog posts, podcasts, and videos to support you on your journey to creating an inspiring life. It will expand on the ideas and resources in *Your Inspiring Life* and provide a way for you to let me know what questions you have or what you would like me to cover on the site. Please check it out and subscribe via the RSS feed so you will be notified when I put up new information and resources on the site. I look forward to meeting you there.

Resources for Well-Being in Body, Mind, and Spirit

I am also very excited to be developing a blog site called FeelingWellBeing.com that will help people experience well-being in every area of their lives. It will give helpful ideas for experiencing more emotional, mental, physical, and spiritual well-being and will cover relationships, prosperity, creativity, career/life's work, health, and more. It will be a place to share insights from my own journey toward ever-expanding well-being which I hope will provide readers with inspiring and uplifting ideas for their own lives. I will be including a whole variety of blog posts, articles, podcasts, and videos and the site will be growing all the time. Please come check it out, subscribe to my RSS feed, and let me know what you think and what you'd like to see there.

Emotional Freedom Techniques or EFT

Gary Craig, the originator of EFT, has retired from his active role in sharing information about EFT. However, his extensive website with information and case studies is now maintained by Energy Psychology Press. From this website, you can learn more about EFT and how to apply it to any issue you may have. The website provides many useful ideas from thousands of people who have used EFT to help them with a whole variety of emotional, physical, and mental conditions. You can also find a list of professional EFT practitioners organized by state for your reference. You'll find this website at: www.eftuniverse.com

The Law of Attraction

My favorite source of guidance and inspiration about the Law of Attraction is from Esther and Jerry Hicks and the Abraham teachings. They also have a wonderfully informative website and lots of additional resources for further study. You will find them at: www.abraham-hicks.com

Another helpful resource that many people have enjoyed is the DVD movie called *The Secret*. It presents perspectives on the Law of Attraction from a variety of different teachers and for a variety of different applications. It's a nice introduction and overview to what's possible when you align your thoughts and energy with what you want to create. You'll find more about this movie at: www.thesecret.tv

Your Innate Well-being

Eckhart Tolle, the author of the books *The Power of Now* and *A New Earth: Awakening to Your Life's Purpose,* goes deeply into the understanding that we

have an unconditional source of well-being within us. He teaches that the habitual, continuous stream of thought is what keeps us from experiencing this state on an on-going basis. He is a wonderful and inspiring teacher; he knows how to use words to help you feel that state that goes beyond words. Both of these books are wonderful resources for further study of these ideas. His website is at www.eckharttolle.com.

Meditation and Magnetizing Your Goals

Sanaya Roman and Duane Packer have developed a variety of spiritually-guided resources that have been very beneficial to me over the years. Their *Awakening Your Light Body* meditation course has been very powerful for me personally. Their book *Creating Money* has a variety of spiritually-based methods to attract and create money and your life's work. You will find their website at: www.orindaben.com. (Their spiritual guides are called Orin and DaBen)

One of the great benefits of *Your Inspiring Life* is that the program combines all of these elements to work synergistically together to help you create the life you desire. It uses the Law of Attraction to help you focus your intention with clarity and alignment on you want to create and EFT to help you clear specific negative resistances to succeeding at your goal. It also uses EFT and guided meditation as tools to clear your habitual patterns of thought and to help you experience the state of unconditional well-being within you which is the true source of inspiration and happiness in life.

Enjoy these resources and enjoy *Your Inspiring Life*. I wish you all the best on your journey to creating and living a life that fulfills and inspires you.

With Gratitude

It seems appropriate to end this book with a heartfelt expression of gratitude since this is such an important piece of the Program. And so, I'd like to gratefully acknowledge the following people who have so helped and supported me in developing this *Your Inspiring Life Program*. You are all part of my circle of support.

Thank you Morgan and Liliah for your never-ending deep love and support. Thank you sweet Chloe and Rosalina for your unconditional love and playfulness. You all bring such light and joy to my life. And thank you again, Morgan, for all the time and technical expertise you gave to make *Your Inspiring Life* a reality. Thank you Lezlie, Lisa, Karen, Veronica, Juana, Sandy, Shannon, Tracy, Danna, Marcy, Wen, Bob, John, my wonderful Mom and Dad, my clients, and all of you who have inspired me in my life and in developing various aspects of *Your Inspiring Life*.

Thank you Gary Craig again, for developing the wonderful tool of EFT. Thank you Esther, Jerry, Abraham, Orin and DaBen, Mary, Eckhart Tolle, and so many others for your wonderful, uplifting teachings that have so enhanced my life and inspired me to bring my own understanding and application of all of these teachings together in *Your Inspiring Life*. And thank you to my True Self and the thousand unseen hands that have helped me every step of the way.

And, finally, thank you to each of you who are following *Your Inspiring Life*. As you open yourself to express your own light and inspiration in the world, you uplift us all.

With deep gratitude and love, I thank you all.