

***The 5 Point Approach to Changing
Limiting Beliefs...
and Empowering Your Life***

Chapter 1

Welcome to the 5 Point Approach

Welcome to *The 5 Point Approach* process. I am very excited that you have allowed me to bring this information to you since I sincerely believe it will help you make real and lasting change. These techniques will help empower you to move forward in ways you've probably never imagined.

After reading the report *Your Beliefs are Standing in the Way of Your Success* you have seen how limiting beliefs have sabotaged your life and how important it is to learn to reverse this destructive pattern. This process will help you do just that. You will be shown 5 of *the* most effective tools ever discovered to re-wire your subconscious mind and banish limiting beliefs.

All change begins in the mind. Put simply, your consistent thoughts become your reality and the quality of those thoughts is what defines your degree of success or failure. This idea is not new and has been taught by countless historical and contemporary teachers:

“As a man thinketh, in his heart so is he”—Proverbs 32:7

“The mind is everything. What you think you become.”—Buddha

“We do not see things as they are; we see them as we are”—The Talmud

“Whatever a man's mind dwells on intensely is exactly what he becomes”—Shankaracharya

“Thoughts are boomerangs returning with precision to their source. Choose wisely which ones you throw”—Unknown

The key to changing your life is in changing your mind and that is what you will learn to do here.

The Best Way to Use the 5 Point Approach

If you regularly use the techniques given here you will see a dramatic shift in your limiting beliefs. Once you grasp the EFT process, you will literally see negative thoughts and emotions that once held you back melt away in minutes.

This does not mean all your problems will be solved overnight, since the hardest part about this entire process is becoming aware of all the limiting beliefs you have. After all, it took a lifetime to gather these beliefs and it will take some time to become aware of them all and clear them.

It does mean, however, that you will have made significant headway toward reaching your goals by breaking down many of the brick walls you have been butting your head against. The more you remove the obstacles that your subconscious puts in your way, the faster and easier your success will come.

I have outlined a schedule that will provide optimal results. However, this schedule might not be practical for you so I would like to point out that you will still benefit tremendously from the 5 Point Approach if you incorporate EFT every day and use the other tools as often as you can. Just be aware that the less you use the materials, the slower results will come.

5 Point Approach Schedule:

1. Use EFT every day to address your limiting beliefs. A little later I will show you how to find your limiting beliefs. These should be addressed every day until you have removed all resistance around them. If you can spend just 10 minutes a day tapping, you will see a big improvement in your thought patterns and, of course, that is where all change starts.
2. Watch at least one of the Mind Movies in the morning and at night every day.
3. Listen to at least one Guided Imagery mp3 every other day.
4. Listen to at least one of the Super Learning Re-programming mp3s on the days you are not listening to the Guided Imageries.
5. Use the Affirmation Jingles daily.

Your schedule might look like this:

Monday- Mind Movie, EFT, Affirmation Jingles, Super Learning, Mind Movie

Tuesday- Mind Movie, EFT, Affirmation Jingles, Guided Imagery, Mind Movie

Wednesday- Mind Movie, EFT, Affirmation Jingles, Super Learning, Mind Movie

Thursday- Mind Movie, EFT, Affirmation Jingles, Guided Imagery, Mind Movie

Friday- Mind Movie, EFT, Affirmation Jingles, Super Learning, Mind Movie

Saturday- Mind Movie, EFT, Affirmation Jingle, Guided Imagery, Mind Movie

Sunday- Mind Movie, EFT, Affirmation Jingles, Super Learning, Mind Movie

EFT and the Affirmation Jingles are techniques that can be used anywhere when you have a few minutes to use them. One of the best times for the Jingles is while you are driving. The Mind Movies, Super Learning audios and Guided Imageries were designed to be as short as possible while still providing the maximum benefit. Each one is under 15 minutes long.

Now let's discover the most useful tool in the 5 Point Approach process...EFT. The next section will cover what EFT is and how it will help you break through the barriers of your limiting beliefs.

Chapter 2

EFT-The Backbone of Changing Limiting Beliefs

Emotional Freedom Technique is the core of the 5 Point Approach. It is by far one of the most effective techniques for changing limiting beliefs I have ever seen, which is why I recommend you use it every single day. Please allow me to explain what EFT is and how it works so you can have a thorough understanding before actually learning the process.

Every cell in the human body produces electricity. If you add up the amount of electricity produced by each of the estimated 50-100 trillion cells that compose your body, in an average day, there would be enough energy to power a 100 watt light bulb

(1 calorie = 4.2 joules (J). 2,500 kilocalories (daily intake) = 1.05×10^7 J. 1 day = 86,400 seconds. Power = Work/time-- 1.05×10^7 J/86400 seconds = 121.5 Watts <http://hypertextbook.com/facts/2003/WeiLiangMok.shtml>).

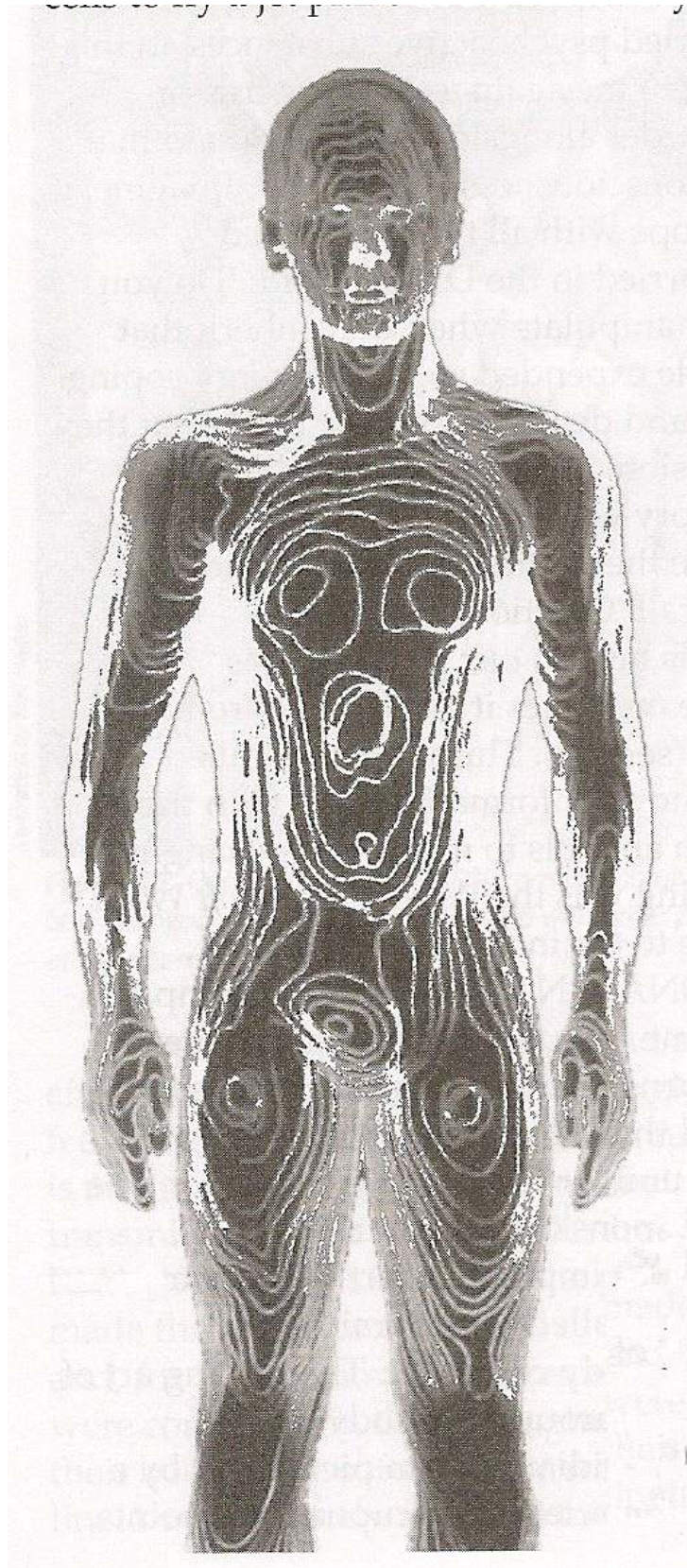
This electricity is used by the body to communicate with itself, sending electrochemical signals from cell to cell, enabling the body to carry out its various functions.

Two Thousand Years of History

Somewhere around two thousand years ago the Chinese discovered that the electricity of the body flows in a network and so they created an organized system of meridian lines that mapped out how these energies flow. Along these meridian lines, several electrically sensitive points were discovered that correspond to each of the body's internal organs. In fact, it has been demonstrated that these points conduct electrical signals 10 to 20 times more easily than surrounding skin.

This mapping of energy flow was the beginning of acupuncture--the practice of inserting tiny needles into electrically sensitive acupoints along the body's meridian lines to correct the body's energy flow. On the next page is a picture of the acupoints as imaged through a gamma camera after radioactive tracers were injected into the acupuncture points.

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Acupuncture was well publicized in the West in the 1970's when a reporter for the "New York Times" named James Reston developed appendicitis while in China. He underwent an appendectomy without anesthesia; instead, his pain was blocked by the use of acupuncture. Western medicine tried to explain this by claiming it was a placebo (*A substance containing no medication and prescribed or given to reinforce a patient's expectation to get well. www.dictionary.com*) but the numbing effect of acupuncture has been successfully demonstrated in animals, which do not respond to the power of suggestion. The World Health Organization has also cited over 100 different ailments that acupuncture has been shown effective in treating ranging from cold and flu to osteoarthritis and anxiety, depression and stress.

Over time, it was discovered that the use of needles was not necessary to stimulate the body's acupoints. In fact, massaging them, tapping on them or simply applying pressure tended to produce the same results as acupuncture and sometimes more effectively. This practice is called acupressure--the application of pressure to acupoints to rebalance the body's energy system. By tapping on a few particular acupressure points, it is possible to quickly diffuse any emotional issue that a person may have. This concept of "tapping away" issues is hard for most people to accept but, luckily, belief in the process is not necessary for it to work.

Acupressure Therapy Simplified

In the 1970's a clinical Psychologist named Roger Callahan invented a method of treating emotional trauma utilizing the tapping of certain acupressure points in a specific sequence to rebalance disruptions in the body's energy system. Callahan called this method Thought Field Therapy.

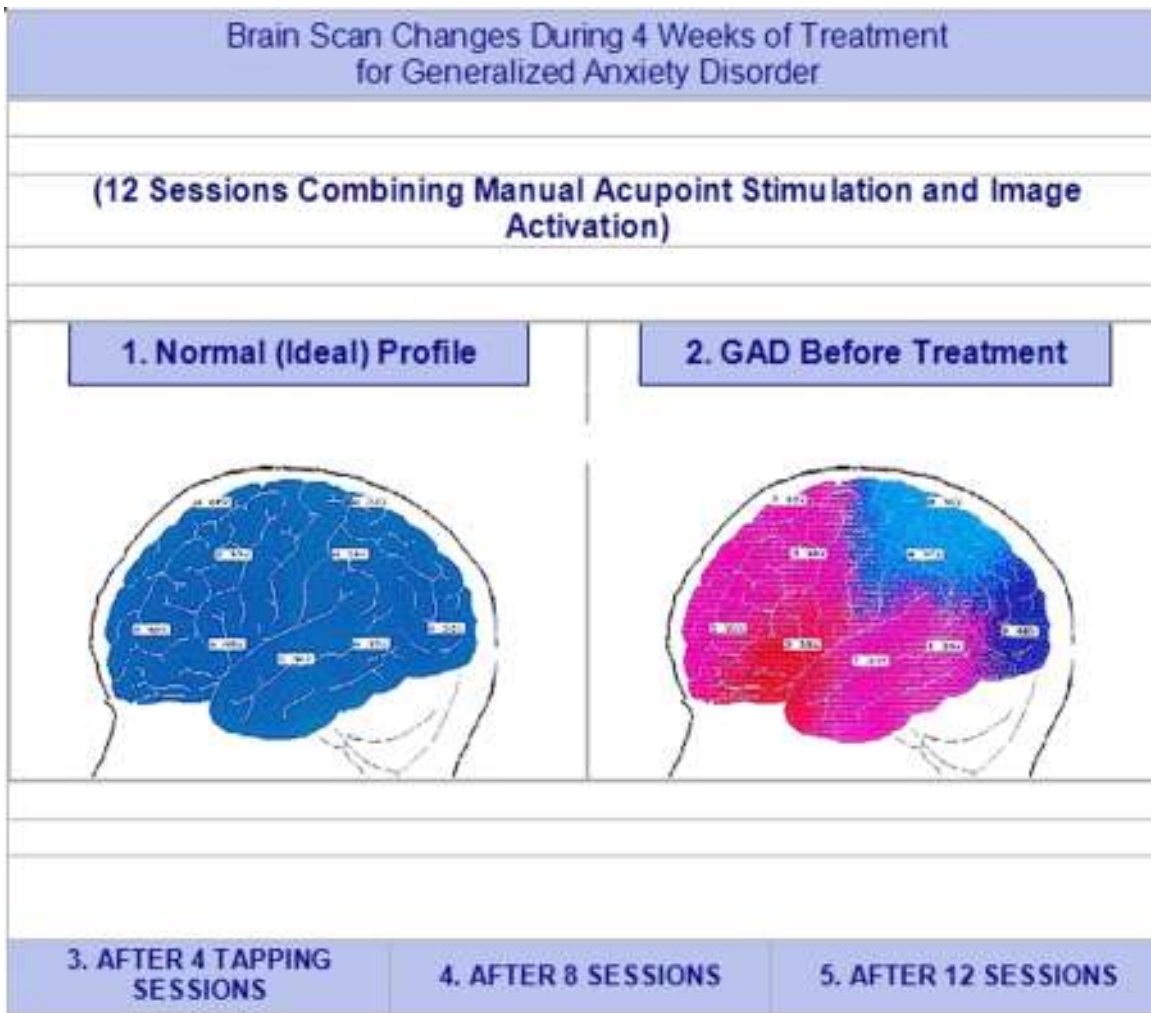
In 1995 one of his students, Gary Craig, decided to eliminate the confusion of deciding which sequence was appropriate for which issue and chose to just tap all of the acupoints consecutively, which was shown to be a more effective approach. This gave rise to his version of the treatment known as Emotional Freedom Technique, or EFT, which is what we will be using to change our limiting beliefs.

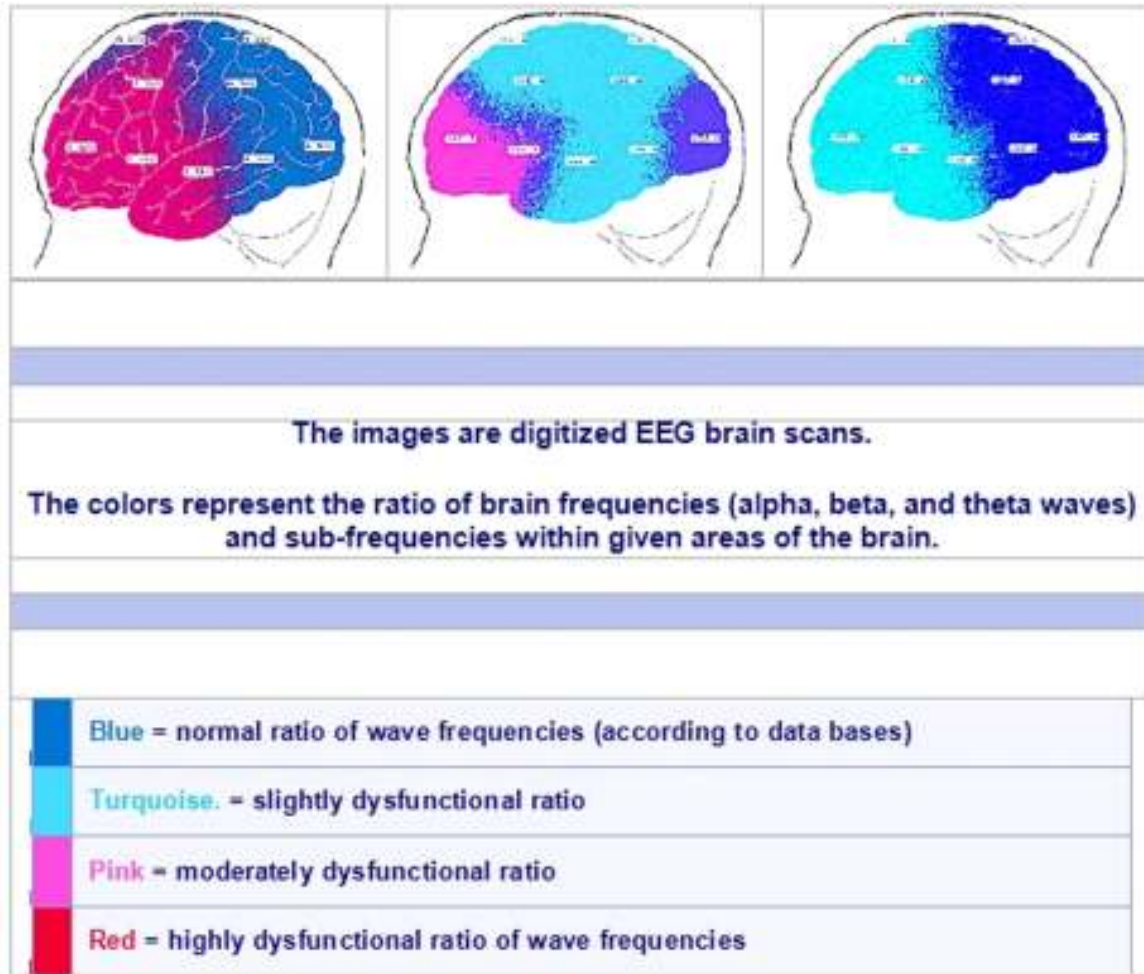
Gary Craig explains that limiting beliefs stem from and disruption in a person's energy field. Click <http://www.5pointapproach.com/garycraig.php>

to hear Gary Craig explain this concept. Once the energy field has been normalized in relation to a particular idea, memory, event, person, place, song, etc. the negative emotional response does not return.

Stimulating acupressure points has been shown to cause the brain to produce certain types of chemicals known as neuropeptides that calm the brain and help it function more effectively. Below is a study demonstrating the effects of EFT on the brain.

- I. Brain mapping studies conducted by Dr. Andrade and his team revealed that subjects with Generalized Anxiety Disorder (GAD) whose acupuncture (as in EFT) points were stimulated tended to be distinguished by a general pattern of wave normalization throughout the brain, which not only persisted at 12-month follow-up, but also became more pronounced:





Basic EFT Procedure

There are nine acupoints we will be using in EFT. The first of these points is used to undo something known as psychological reversal, which is a reversal of the flow of energy surrounding a particular issue. It's kind of like putting the batteries in your remote control backwards; the energy is flowing the wrong way.

A person can become reversed on any issue and if that reversal is not corrected, all the work done through EFT will be ineffective. The psychological reversal (PR) point is located on the outer edge of either hand, about halfway between the first knuckle of the pinky finger and the wrist.



To clear psychological reversal, use three to four fingertips of the opposite hand to tap repeatedly on the PR spot while saying a set up phrase three times.

The set up phrase addresses the feelings you have about a particular issue. To form a sample set up phrase, we'll use nervousness as our example. Start by placing your attention on your nervous feelings and try to rate them on a scale of 1 to 10 with 1 representing no nervousness and 10 representing the most nervous you've ever been in your life. Once you have that number, begin tapping the PR spot repeatedly and saying, *"Even though I'm feeling really nervous, I deeply and completely accept myself. Even though I'm feeling really nervous, I deeply and completely accept myself. Even though I'm feeling really nervous, I deeply and completely accept myself."* The reason we say, *"I deeply and completely accept myself"* is because some part of us is in opposition with the rest. The fact that you are feeling nervous probably upsets you a little. After all, it would be much easier if you weren't nervous, right? So the part of you that is nervous and the part of you that doesn't want to be are in opposition so saying the words, *"I deeply and completely accept myself"* tells those opposing parts that feeling nervous is ok, which removes the opposition and allows for a better session.

After you've said the set up phrase three times, you will begin tapping on the various acupoints shown below. The order isn't terribly important but it's usually easier to learn them in the order shown, since you're simply following them from top to bottom and this makes them a bit easier to remember.

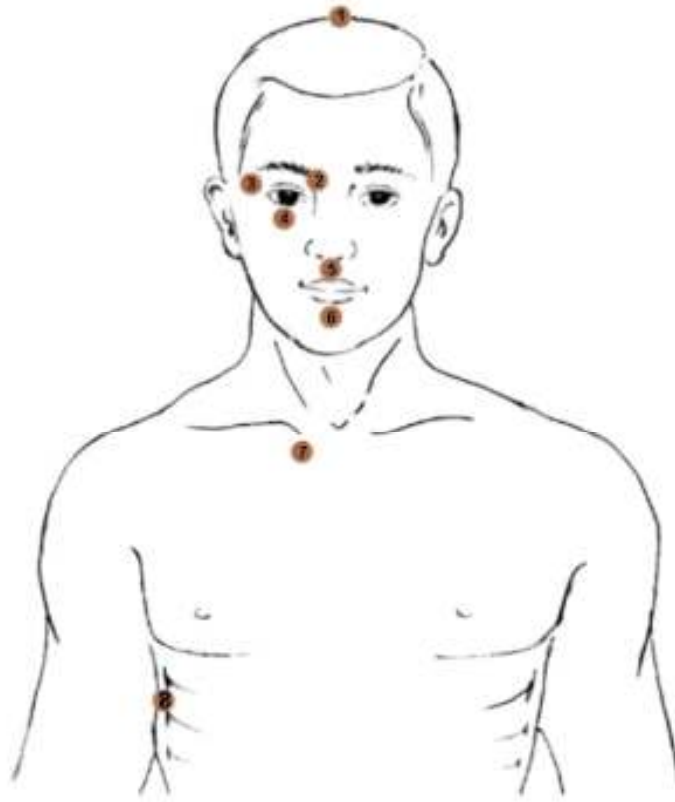
Click <http://www.5pointapproach.com/eftanimation.php> to see an animation of the tapping points.

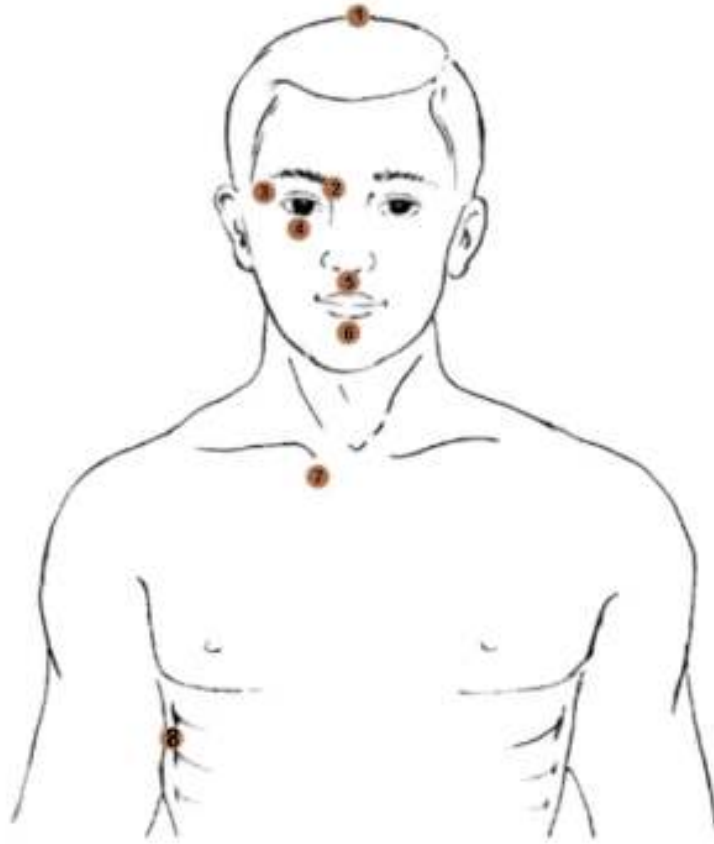
As you are tapping on these points, you will repeat your reminder phrase, which is the main message or feeling of your set up. In our example, it

would be, “This nervousness”. If you were dealing with anger at your boss, you would say, “This anger”.

We use a reminder phrase to keep the brain tuned in to the problem so the energy surrounding that problem can be changed and repeating the entire set up phrase on each point would be too long and drawn out a process, so keep the reminder focused on the main topic.

So, beginning with the first point, which is found at top center of the head, tap that area with 4 finger tips 5 to 9 times while repeating, “This nervousness, this nervousness.”





Now move to the second one, found at the very beginning of the eyebrow, closest to the nose, tap that point with 2 fingertips 5 to 9 times while repeating, “This nervousness, this nervousness.”

Then move to the third one, which is found about 1 finger’s width from the outside corner of the eye. Again, using 2 fingers, tap this point 5 to 9 times while repeating, “This nervousness, this nervousness.”

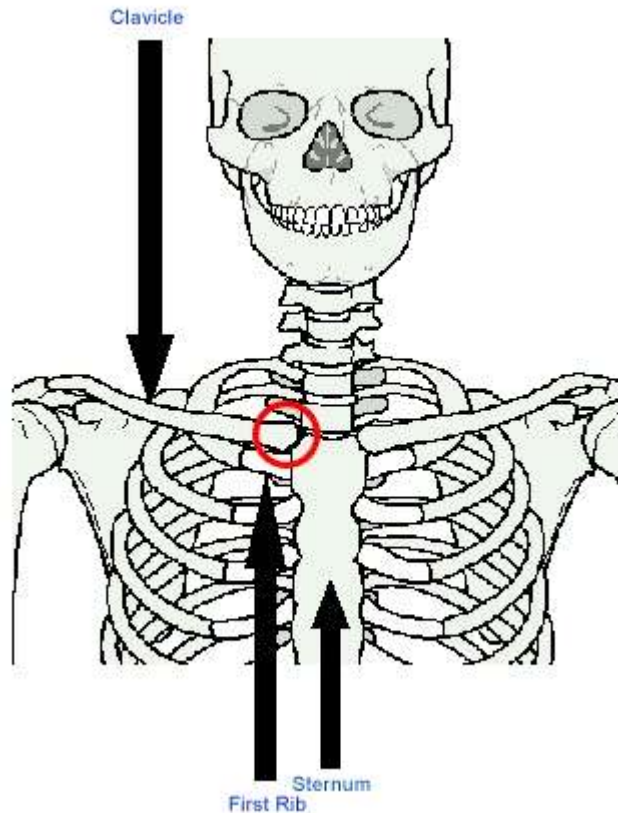
The fourth point is found directly below the pupil of the eye, about 2 finger widths under the lower eyelid and on the cheek bone. Tap this point 5 to 9 times while repeating your reminder phrase, “This nervousness, this nervousness.”

Point number 5 is found between the upper lip and the bottom of the nose. Using 1 fingertip, tap this point 5 to 9 times while repeating the reminder phrase.

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The sixth point is located in the dip between the bottom lip and the chin. Tap this point 5 to 9 times while repeating the reminder phrase.

The seventh point is found where the collarbone meets the breastbone. If you feel the base of your throat, you will find a “V” shaped notch at the very top of your breastbone (also called the sternum). Moving your fingers to the sides a little, you will feel a bump where the collarbone and sternum meet.



The red circle above indicates the point. This is the area that should be tapped and it is often best to use several fingertips or even your fist to tap this point. Just be sure to tap gently as this area is bony and can be painful if tapped too hard. Again, tap this point 5 to 9 times while repeating your reminder phrase.

The eighth point is located on the side of the body about 4 inches below the armpit. Try using your flat, open hand to tap this point since you are able to cover more area that way. Tap this point just like you've done all the others. Now take a deep breath and settle your mind a bit, then turn your attention back to the nervousness. See if it's still at the number it was before you

began. It's probably less and you can continue to do this process until it is either very low or completely gone.

Specificity is Key

The more specific you are in addressing an issue, the more effective EFT will be. For example, if you tap on "Even though I don't have enough money in my life, I deeply and completely love and accept myself" you might get some improvement but if you examine why you don't have enough money and you realize that you were told you would never amount to anything (a limiting belief), you will see that you are holding yourself back from being successful. So, in this case, tap on, "Even though I'll never amount to anything and that's keeping me from having more money, I deeply and completely love and accept myself".

This issue can be made even more specific, however. Who told you that you would never amount to anything? Let's say it was your second grade teacher. So now we can be very specific by saying, "Even though Mrs. X told me in second grade that I would never amount to anything I deeply and completely love and accept myself." As you delve deeper into an issue and begin dissecting it, you uncover the various limiting beliefs that make up the challenges you experience; like the one that you will never amount to anything. This statement of you not amounting to anything means nothing unless you choose to believe it, however. Once you have accepted it as your personal truth, though, it sets in motion events that cause you to live up to the limitation.

Finding Limiting Beliefs

The best way to approach changing your limiting beliefs is to be aware of as many specific ones as possible. I've included my favorite methods of finding out what's running in your conscious and subconscious minds.

This first method was outlined in the free report. Asking yourself what an issue means is a very good way of getting in touch with your beliefs about it.

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Let's take the issue of money. Fill in the blanks for the following statements until you simply can't come up with any other responses. The first several thoughts you have will be from your conscious mind but then your subconscious will start revealing its beliefs as well.

1. Money is _____
2. Money is not _____
3. Not having money is _____
4. Having money is _____

As you fill in the blanks, you will notice positive, negative and neutral beliefs. Circle the negative ones and put them in a list for you to tap on.

Examples of how to use this process for other issues:

1. Relationships are _____
2. Relationships are not _____
3. Men are _____
4. Women are _____
5. Not having a relationship is _____
6. Having a relationship is _____

1. I am _____
2. I am not _____
3. I am actually _____

1. Cancer is _____
2. Cancer is not _____
3. Having cancer is _____
4. Not having cancer is _____

Another great technique for finding the belief at the very heart of a problem is asking "What would happen if..."

For example, if someone were dealing with a fear of failing, they can ask, "What would happen if I did fail?" and they might respond, "Then I'd be a loser and people wouldn't respect me" and then they can ask, "What would happen if people saw me as a loser and didn't respect me?" and they might

respond, “I would be alone with no friends” and they can ask, “What would happen if I were alone?” and they might answer, “I would be lost and scared”. Here, if they were to ask what would happen, they probably wouldn’t be able to answer. When you run out of answers, you have found a core issue. So now this person has a core issue in their fear of failing...ultimately, if they fail, they will end up alone and that scares them.

Aspects and Specificity

Let’s look at an issue in more depth to get a better idea of how complex and issue can be and why overcoming limiting beliefs can be so difficult without the proper tools.

If you were working on a fear of public speaking, tapping on “Even though I have this fear of public speaking...” might bring a little bit of relief. However, there are many aspects to public speaking (just as with every other issue); what is it that frightens you? If we examine it, we can see fear might come from standing in front of a group and having an audience watching your every move. This is one aspect of the fear of public speaking. Maybe standing before a group doesn’t bother you but as soon as you have to speak, your throat constricts. So the act of delivering the speech is another aspect. Maybe it’s the thought that everyone will be scrutinizing you, just waiting for you to make a mistake so they can laugh you off the stage. Here we see another aspect. Another aspect might be the fear of rejection you are convinced will come with making a mistake or giving a boring speech. Perhaps you had a terrible experience or two with public speaking in school and you can’t get those experiences out of your mind. All of these things can be trees in the forest that make up a fear of public speaking. There can also be numerous other issues not presented here.

Now we’re going to see how to deal with these aspects of public speaking in more depth. Remember that the process we will be using is standard and applies to every other issue, no matter what it is. So, starting with the idea of standing before a group, think about standing before your audience, their eyes watching you intently. The room is packed and you are the center of attention. When you connect with the feeling (in this case, anxiety), rate it on a scale of 1-10, with 10 being the most terrified you’ve ever been and 1

being very relaxed. Once you have your anxiety rating, tap the PR point repeatedly while saying “Even though I am terrified (use descriptive words that most closely match your feelings. If scared isn’t strong enough, terrified might be a better match) of standing in front of a group, I deeply and completely love and accept myself. Even though I am scared to death of standing in front of all these people, I deeply and completely love and accept myself. Even though standing in front of all those people makes (describe your physical symptoms to add even more specificity) my knees weak and my hands shake, my heart race and my stomach feel like it’s tied in knots, I deeply and completely love and accept myself anyway”.

Now we will tap the individual points and say whatever comes to mind as we think about standing in front of that group. Treat this as though you were telling a friend how you feel and what you’re going through. Starting on the **Top of the head**, tap and say, “I’m terrified of standing in front of a group” Go to the **eyebrow** point, “All their eyes are on me” Move to the **Side of the eye** “They’re waiting for me to screw up so they can laugh at me” Now **Under the eye** “What if I do a really bad job?” **Under the nose**, “They’re going to hate me” **Chin** point, “My legs feel like Jell-o and my hands won’t quit shaking” **Collar bone**, “I really hate doing this!” **Under the arm**, “I’m terrified of standing in front of an audience”. Now you would take a deep breath and see if your anxiety had lessened. If your anxiety goes away completely, you’re done. If, however, it lessens but isn’t gone or if it doesn’t go away at all, there are more specifics to address.

Let’s say the anxiety has lessened from a 10 to an 8. Since we mapped out our limiting beliefs about this issue before hand, we can go to the next one, delivering the speech. So rate your anxiety level from 1-10 about actually delivering the speech. Once you have that number, tap the PR point repeatedly while saying, “Even though I am terrified of giving this speech, I deeply and completely love and accept myself. Even though I just know I’m going to say everything wrong and they’re going to laugh at me, I deeply and completely love and accept myself. Even though giving this speech has me scared to death and my throat is tight and my heart is pounding and my hands are shaking and I’m sweating and I’m just so scared, I deeply and completely love and accept myself anyway.” **Top of the head** “I’m terrified to give this speech” **Eyebrow** “I know I’m going make tons of mistakes” **Side of the eye** “I never give good speeches” **Under the eye** “They’re all going to laugh at me” **Under the nose** “I hate giving speeches!” **Chin** “I’m

so scared of giving speeches” **Collar bone** “I know I’m going to do terribly”
Under the arm “I’m shaking like a leaf”.

Take a deep breath and re-assess your anxiety rating. This time it’s down from an 8 to a 4. So you can move on to the fear of being scrutinized. Continue addressing every negative belief you have about the issue until you no longer get an emotional response to it.

Accentuating the Positive

A great way of augmenting your EFT sessions is by adding positive statements after the negative ones have been addressed. By tapping as you say positive affirmations, any resistance you might have to the positive statement is automatically eliminated. So let’s apply this idea to some of the tapping we did above. Here is what it would look like:

“Even though I am terrified of giving this speech, I deeply and completely love and accept myself. Even though I just know I’m going to say everything wrong and they’re going to laugh at me, I deeply and completely love and accept myself. Even though giving this speech has me scared to death and my throat is tight and my heart is pounding and my hands are shaking and I’m sweating and I’m just so scared, I deeply and completely love and accept myself anyway.” **Top of the head** “I’m terrified to give this speech” **Eyebrow** “I know I’m going make tons of mistakes” **Side of the eye** “I never give good speeches” (notice another limiting belief there) **Under the eye** “They’re all going to laugh at me” **Under the nose** “I hate giving speeches!” **Chin** “I’m so scared of giving speeches” **Collar bone** “I know I’m going to do terribly” **Under the arm** “I’m shaking like a leaf”.

Returning to the **top of the head**, “I will give this speech wonderfully” **Eyebrow** “Who cares if I make a mistake?” **Side of the eye** “Even the best speakers slip up from time to time” **Under the eye** “I know my material” **Under the nose** “I feel surprisingly calm and confident about this speech” **Chin** “This speech will go off without a hitch” **Collar bone** “The audience will receive me well” **Under the arm** “I am ready to do this!”

Yeah but...

Sometimes you will find yourself saying “Yeah, but...” as you say your positive affirmations. Gary Craig refers to these as tail-enders and they serve to alert you to more limiting beliefs you might not have been aware of. This is where we delve into the psychology of EFT and, for most, these more advanced approaches take time to become good at but they are definitely worth learning.

After you’ve added the positive statements above, you might find yourself with a tail-end, thinking “Yeah but I’m still going to feel stupid if I make a mistake” or “People still might laugh at me”. As the tail-enders surface, begin tapping on them. “Even though I’m going to feel stupid if I make a mistake (now stop for a second and ask yourself why you would feel stupid. Might it be because you think you have to give your speech perfectly? Let’s add this new limiting belief into the mix)” So, “Even though I’m going to feel stupid if I make a mistake because I have to give perfect speeches, I deeply and completely love and accept myself.” Now ask yourself why you think you have to be perfect. Will others see you as not good enough if you’re not perfect? Are you deriving a sense of value from being perfect? These are things you add into your tapping, as well. “Even though I’m worthless if I’m not perfect...” or “Even though people won’t value me if I don’t do things exactly right...” or maybe “Even though my parents always expected me to be perfect...”

As you can see, lots and lots of new limiting beliefs can rise to the surface through tail-enders. It’s all about finding out the “whys” of your feelings.

The Body Language Connection

To see some videos of body language, visit The 5 Point Approach Blog’s body language page at <http://5pointbla.blogspot.com/>

Since body language stems from thoughts, emotions and beliefs manifesting through subconscious gestures, posture, expressions, etc. changing your subconscious programs will alter your body language. For instance, if you always feel uncomfortable talking to a particular person, you can try your best to pretend you are comfortable around him or her. But no

matter how hard you try, your discomfort will eventually be demonstrated in your body language. However, if you can neutralize the feelings of discomfort, your body language will reflect this new sense of ease.

Before entering into any situation you know will make you uncomfortable, be sure to apply EFT to your thoughts and feelings to neutralize negativity and improve body language.

Addressing Some Common Limiting Beliefs

In this section I will address some common limiting beliefs and show you how to use the full EFT process with them. It is important that you tap on every statement even if you feel it does not apply to you. Very often, we have issues that we are convinced we don't and time and again, EFT practitioners see that addressing these issues often leads to dramatic improvement.

We will be using 3 rounds of EFT per issue to address each one more thoroughly. Using multiple rounds and tapping on ideas that spring up during the process is a great way of really ferreting out your beliefs.

Fear of failure

Even though I'm afraid of failing at _____, I deeply and completely love and accept myself. Even though I've never been very successful with my past endeavors, I choose now to feel differently. Even though I'm afraid I'll fail at _____ because I don't have the training, the resources, the time, or the contacts, I deeply and completely love and accept myself anyway.

Top of the head- I'm going to fail at _____

Eyebrow- I've never been good at these things

Side of the eye- I'm not trained well enough in this area

Under the eye- I don't have the contacts

Under the nose- I can't sink hours and hours into developing this

Chin- I'm going to fail just like last time

Collar bone- I remember what it was like last time

Under arm- I don't want to fail again

Top of the head- This time doesn't have to be like last time

Eyebrow- I can succeed!

Side of the eye- I can learn the process as I go

Under the eye- I can meet contacts to help me develop this

Under the nose- People have done far bigger things with less!

Chin- Yeah but I'm not those people (tail-ender)

Collar bone- It doesn't matter because they started out where I am now

Under arm- If they could find the resources, contacts, time and training, so can I!

Top of the head- I am succeeding at _____

Eyebrow- I love knowing that I am moving in the right direction

Side of the eye- I am incredibly capable

Under the eye- I know the right training is coming to me

Under the nose- The right resources are coming to me

Chin- The right contacts are coming to me

Collar bone- The time is coming to me

Under arm- And I am succeeding tremendously!

Take a deep breath

Unworthiness

Even though I'm not worthy or deserving of having _____, I deeply and completely love and accept myself. Even though I haven't done enough to deserve this, I choose to see it differently now. Even though I know I am not worthy or deserving of _____ because I haven't worked hard enough, I'm not smart enough, I'm not a good enough person, I'm not lucky enough, and I've done all these terrible things in my life, I deeply and completely love and accept myself.

Top of the head- I don't deserve _____

Eyebrow- It's (he's, she's) too good for me

Side of the eye- I'm not worthy

Under the eye- I haven't done enough to deserve _____

Under the nose- Only certain people get that and I'm not one of them

Chin- Who am I to have _____?

Collar bone- I don't deserve _____

Under arm- I'm not worthy

Top of the head- Says who?

Eyebrow- What makes me less worthy than all those other people?

Side of the eye- I'm not lucky (smart, good, hard-working) enough, that's what

Under the eye- I just can't get a break

Under the nose- Maybe I need to create me own break

Chin- Maybe it's not about something outside of me

Collar bone- Maybe I need to start believing in myself more

Under arm- Nobody has ever succeeded by convincing themselves they'd fail

Top of the head- I DO deserve _____

Eyebrow- I CAN have _____

Side of the eye- I AM worthy of _____

Under the eye- I choose to believe that I am worthy and deserving of all good things in life

Under the nose- I am just as lucky and just as smart as those other guys

Chin- I deserve good, fulfilling things

Collar bone- And I choose to allow them into my life now

Under arm- I accept my good now

Take a deep breath

Perfectionism

Even though I have to be perfect at everything I do, I deeply and completely love and accept myself. Even though nobody's perfect, I believe I have to be. Even though I have to be perfect because if I'm not people won't respect me, they'll reject me and I won't be valued, I deeply and completely love and accept myself anyway.

Top of the head- I have to be perfect

Eyebrow- I can't make a mistake

Side of the eye- I've always been pressured to be perfect

Under the eye- If I'm not perfect, people will reject me

Under the nose- Perfection is what I offer the world

Chin- But I can't always achieve perfection

Collar bone- Nobody can

Under arm- So does that mean I have nothing to offer?

Top of the head- I have talents and abilities to offer

Eyebrow- And people respect those, even if I'm not perfect

Side of the eye- Nobody is perfect

Under the eye- And neither am I

Under the nose- And it's ok that I'm not perfect

Chin- I respect what I have to offer and others do, too

Collar bone- Mistakes are normal

Under arm- And I might hate to admit it but I make mistakes

Top of the head- I accept my mistakes

Eyebrow- I have plenty to offer people besides perfection

Side of the eye- Nobody is expecting perfection from me

Under the eye- Except myself

Under the nose- So I now choose to lighten up on myself

Chin- And accept my weaknesses along with my strengths

Collar bone- I accept myself in every way

Under arm- Including my imperfections

Take a deep breath

Scarcity

Even though there's just not enough in the world, I deeply and completely love and accept myself. Even though I can see that there isn't enough money, food, love, happiness, success, and positivity in the world, I choose now to believe there is enough of everything for everyone. Even though scarcity has always been my outlook on life, I deeply and completely love and accept myself and I choose now to see things differently.

Top of the head- There isn't enough

Eyebrow- People are going without all the time

Side of the eye- I'm going without in areas of my life

Under the eye- There just isn't enough for everybody

Under the nose- Or is there?

Chin- No, there's definitely not

Collar bone- It's all over the news

Under the arm- There just isn't enough

Top of the head- Maybe there is enough but people aren't letting themselves have it

Eyebrow- That's ridiculous

Side of the eye- But if people have limiting beliefs that prevent them from having enough, they won't have enough

Under the eye- Think of all the money that changes hands all over the world every day

Under the nose- And more money is being printed all the time

Chin- Think of all the single people in the world just bursting for the chance to love

Collar bone- Think of all the extra food in America alone

Under arm- There IS plenty for all

Top of the head- I choose to see the abundance around me

Eyebrow- I choose to appreciate all that I have now and all that is coming to me

Side of the eye- There is more than enough for everyone

Under the eye- And I open myself to my share

Under the nose- Abundance is the natural state of the universe

Chin- And the natural state of the world

Collar bone- Notice the abundance of trees, animals, people, insects, water, etc.

Under arm- There is enough for everyone.

Take a deep breath

Fear of rejection

Even though I'm afraid _____ (person's name, company name) will reject me, I deeply and completely love and accept myself. Even though _____ rejecting me means I'm no good and undesirable, I deeply and completely love and accept myself. Even though I'm terrified of _____ rejecting me because it would mean that everyone else has to reject me too, I deeply and completely love and accept who I am.

Top of the head- _____ will reject me

Eyebrow- If I'm rejected by _____ then nobody will want me

Side of the eye- Everybody has to like and accept me

Under the eye- If anybody rejects me, they all reject me

Under the nose- Maybe I'm not right for _____ but I AM just right for someone else

Chin- No, if I'm not right for _____, I'm not right for anybody

Collar bone- Why does everyone keep rejecting me?

Under arm- Maybe I'm rejecting myself

Top of the head- I love and accept myself exactly as I am

Eyebrow- There is absolutely nothing wrong with me

Side of the eye- I know better than that, though

Under the eye- And the attitude that there is something wrong with me might be why I have a hard time getting accepted

Under the nose- I'm living up to my expectations

Chin- If I don't accept myself then I can't understand why anyone else would accept me

Collar bone- So as much as I don't want to be rejected, on some level, I expect to be

Under arm- And I choose to change that now

Top of the head- I fully accept myself just as I am

Eyebrow- I am intelligent, likeable, witty and capable

Side of the eye- I love my positive attributes

Under the eye- And I forgive and embrace my negative ones

Under the nose- Nobody is perfect, not even _____

Chin- I bet if I wanted to, I could find faults in _____

Collar bone- So I'm no different and certainly no worse or less desirable

Under arm- And completely love and accept myself in every way

Take a deep breath

Money is hard to come by

Even though money is very hard to come by and keep, I deeply and completely love and accept myself and money. Even though I have to work extremely hard to earn my money and then I have to give most of it away and I never seem to be able to get ahead, I deeply and completely love and accept myself. Even though money doesn't grow on trees and the only ways to get it are through very hard work or illegal means, I deeply and completely love and accept myself and I choose now to see it differently.

Top of the head- Money is so hard to come by

Eyebrow- I work and work and work and I still can't get ahead

Side of the eye- I can't keep enough of my money to be able to save it

Under the eye- People only pay you to do things you don't want to do

Under the nose- And even then, they don't pay you enough

Chin- Maybe I could change these beliefs

Collar bone- But they aren't beliefs, they're facts

Under arm- Are they really facts?

Top of the head- Plenty of people do what they love and make fortunes in the process

Eyebrow- And I could do the same

Side of the eye- If I choose to believe that money is easy to come by

Under the eye- Money is just a representation of how I view and value myself

Under the nose- The more I value myself, the more money I will receive

Chin- I choose now to deeply and completely value myself

Collar bone- I am absolutely priceless!

Under arm- Money flows easily to me

Top of the head- I am a money magnet

Eyebrow- I easily and effortlessly attract more and more money each day

Side of the eye- I am worth all the money in the world!

Under the nose- I now do things I really enjoy and get paid well to do them

Chin- My hobbies are my source of income

Collar bone- Abundance and prosperity are my reality now

Under arm- I have more money than I know what to do with!

Take a deep breath

Discovering money comfort zones:

Almost everyone has a money comfort zone. This is an amount of money they are comfortable receiving but do not feel comfortable going past. People with money comfort zones find themselves making the same amount year after year and can't seem to get ahead. Find out what your comfort zone is by writing yourself a check (or imagining that you've received one) for a number higher than you currently make. For instance, if you make \$50,000 a year, write a check for \$75,000 and see how it feels to "own" that money. If you're comfortable with \$75,000, write one for \$100,000 and see how that feels. Eventually, you'll find a number that doesn't feel good or right for you to have. This is your money comfort zone. Once you find it, begin tapping to eliminate it. An example would be:

Even though I'm not comfortable with receiving \$75,000 a year, I deeply and completely love and accept myself...

EFT is an incredibly versatile and useful tool worth developing proficiency in. For more resources on EFT, visit Gary Craig's website at <http://www.emofree.com/>

Chapter 3

Affirmation Jingles

You might have used affirmations before. They are positive statements you repeat over and over to yourself to try and convince your brain to believe them. For most people, however, affirmations don't work very well and the reason is that they feel like they are lying to themselves. For instance, if you were to tell yourself right now 10 times that you are a millionaire you probably wouldn't put too much stock in that statement, would you? As with everything else, the affirmation is stopped dead in its tracks by limiting beliefs.

Now that you know the EFT process and understand tail-enders, however, you can easily tap away any resistance to the idea that your being a millionaire is a lie. This enables you to speak the words without resistance in the way and though it doesn't make the statement physically true at the moment, the lack of emotional resistance helps you implant the new belief which, in time, may very well lead to the statement being physically true.

Another problem with affirmations is they tend to become boring. The monotonous chant of, "I am wealthy and prosperous" or "I am at my ideal weight" gets old after a while and when an affirmation loses its energy, it becomes useless. So below is a technique that overhauls affirmations and makes them fun and energetic.

Have you ever had a song stuck in your head and you couldn't get rid of it? Advertisers exploit this little eccentricity by creating jingles that are simple and catchy. Can you recall these jingles? Subway Five Dollar Foot Long: "Five, five dollar, five dollar foot long..." Band Aid Brand: "I'm stuck on Band Aid Brand 'cause Band Aid's stuck on me". I'll stop here so you aren't plagued by these jingles bouncing around your brain (if they aren't already). The ad agencies know if they create a jingle that gets stuck in your head, you'll be more likely to remember and recognize their product. Well, interestingly, we can use this same principle to install new, more desirable thoughts.

Think of all the wonderful, catchy songs you learned growing up. Old McDonald, Ring around the Rosie, London Bridge, One, Two, Buckle My Shoe, Jack and Jill, John Jacob Jingleheimer Schmidt, etc., etc (visit <http://www.rhymes.org.uk/> for more nursery rhymes).

These tunes are very familiar to you and most of them have positive associations so you feel uplifted when you sing them. So what you can do is re-write the lyrics so match a goal or affirmation you have. For example:

Tune- Old McDonald.

“I easily earn 7 thousand a month
By doing what I love to do
I consistently earn 7 thousand a month
Doing what I love to do
With a dollar, dollar here and a dollar, dollar there
Here are dollars, there are dollars, everywhere are dollars, dollars
I easily earn 7 thousand a month by doing what I love to do.”

***It is important that if you have resistance to your affirmation that you use EFT to clear it. For instance, you might think, “I could never make \$7 thousand a month doing what I love.” So use EFT to break down that wall by tapping on the statement, “Even though I could never earn \$7 thousand a month doing what I love, I deeply and completely love and accept myself”.**

Tune- That’s Amore

Original lyrics- *“When the moon hits your eye like a big pizza pie, that's amore.
When the world seems to shine like you've had too much wine, you're in love.
When you walk in a dream, and you know you're not dreaming, senore.
'Scusa me, but you see back in old Napoli, that's amore.”*

Affirmation- “As the scale rolls around and says 1-3-0 pounds, that's a'normal.
As my clothes feel so loose on my little caboose, I'm so trim.
When I walk in a room, all the heads they keep turning towards me.
'Scusa me, but you see, with this slender body, I'm so gorgeous.”

By singing these new versions 30 or so times, you quickly learn the new words and can easily slip into the tune, even absent-mindedly. The more you sing your new jingle, the more your affirmation is reinforced. Not only is this method of using affirmations easy, it’s much more fun than chanting a droning mantra.

Chapter 4

Introducing the other Techniques

The rest of this e-book will be pretty short since the tools have already been created for you to use. I would like to introduce you to the other techniques in the process, however, so you have an idea of what they are, how they work and why they are so effective.

Mind Movies

Have you ever heard of a vision board? If you haven't, a vision board is like a scrap book filled with pictures of things you'd like to have in your life. For instance, you might have photos of your dream house, the perfect relationship, your ideal body, etc. Well, a man named Ryan Higgins took this idea and improved upon it. Mind Movies are video vision boards set to upbeat music. The images and music help you feel positive about the new life you're creating while also re-programming your subconscious to start bringing those things into reality.

Super Learning Brain Entrainments

Brain entrainment uses the method of producing a sound of a particular frequency which causes the right and left hemispheres of the brain to align or entrain. When the brain is in sync, it becomes much more receptive to new information, which is why it is referred to as means for super learning. The frequency being used in the brain entrainments and guided imageries is 7.5 hertz, which has been shown to be effective in facilitating guided meditation, creative thought for art, invention, music, etc.; contact with spirit guides for direction. **Be sure to wear stereo headphones when listening to the brain entrainment mp3s.**

Guided Imagery

Guided imagery is an excellent way of bringing your goals to life. Olympic coaches use guided imagery with their athletes to help improve performance by having them vividly imagine winning the event. A very interesting experiment was performed at Ohio State (this has also been replicated in many other places) where they had a number of students shoot free throws on the basketball court. Then they divided them into three groups of equal ability. Group 1 was not to practice shooting free throws at all for thirty days. They were to go home, leave the basketball alone and come back in thirty days. Group 2 practiced every single day shooting free throws in the gym. Group 3 also practiced every day....but only in their mind. They did not touch a basketball for the entire thirty days. Instead, they used their imagination to vividly see themselves shooting perfect free throws every day for thirty days.

After thirty days, all three groups came back to shoot free throws. The ones who did not practice at all made no improvement. Those who practiced with the actual ball improved 24%. The ones who practiced only in their minds improved 23%. The result was almost the same. Why would that be? The reason for this is that the brain does not distinguish between what is real and what is vividly imagined. So when group 3 vividly imagined shooting free throws, they set up the necessary neural connections in their brains for improved free throw shooting.

This is a very important idea...*the brain does not distinguish between what is real and what is vividly imagined*. So what does that tell us? If you want to create a "new you," you can get there by using your imagination. That's what guided imagery is all about...vividly imagining yourself being the "new you". **Be sure to wear stereo headphones when listening to the guided imagery mp3s.**

As you can see, the tools provided in this process compliment each other very well. EFT not only effectively removes limiting beliefs that have been standing in your way, it breaks through resistance to new, positive beliefs being installed.

The Mind Movies, Brain Entrainments, Guided Imageries and Affirmation Jingles all serve to install new, positive, empowering, uplifting beliefs so your subconscious mind can begin quickly re-programming and viewing the world through a different, more positive prism.

Closing Remarks

Before I wrap it up, I would like to leave you with a few more words of inspiration.

“You are given the gift of the gods, you create reality with your beliefs. Yours is the creative energy that makes your world. There are no limitations to the self except those you believe in.”—Seth as channeled by Jane Roberts

“If we understood the power of our thoughts, we would guard them more closely. If we understood the awesome power of our words, we would prefer silence to almost anything negative. In our thoughts and words we create our own weaknesses and our own strengths. Our limitations and joys begin in our hearts. We can always replace negative with positive.”—Bettie Eadie

All my best to you on your journey and thank you for allowing me to be your guide on this path.

Sincerely,

Jason Hundley