



## **The Companion Workbook for: *The Secret Power To Success***

### **Introduction**

Now that you have completed the previous modules, its time to learn the basics of EFT. You will now learn the importance of writing your own scripts and using your own words and phrases on the different tapping points. In this module and workbook, I will go into much greater depth on writing the script and understanding it. A script is like an onion, you keep peeling away layer after layer until you reach the very inner core. This is a cathartic process that will teach you more than you ever dreamed about yourself. It truly is an amazing process to experience and I promise you, that you will love the outcome.

This workbook is all about taking you on a journey. You will know how to create your own scripts and tapping phrases so that you can carry this practice out wherever you are. In this module, you are more of the author and are going to be filling in the blanks and writing much more.

### **Writing Your Own Script**

Writing your own script is much like writing a story. That is the approach that I take each and every time that I script. When I first began doing EFT, I bought a small notebook to begin recording my thoughts. This notebook helped to change the way I experienced my thoughts. Anytime I experienced negative thoughts, I would write them down in my little book. I found that writing down my negative thoughts helped me to understand what I was feeling and why. I will give you an example:

One weekend, I was visiting a friend of mine at her home. Through the visit, I constantly had the feeling that she was competing with me. I felt completely defeated and that made me angry the entire time I visited with her. The moment I left her home, I began furiously writing in my notebook. I wrote down everything that I was upset about. I wrote about my anger and about how I felt my friend was behaving. After I finished, a relief washed

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over me and I began to understand how expressing my feelings instead of hiding them was truly beneficial.

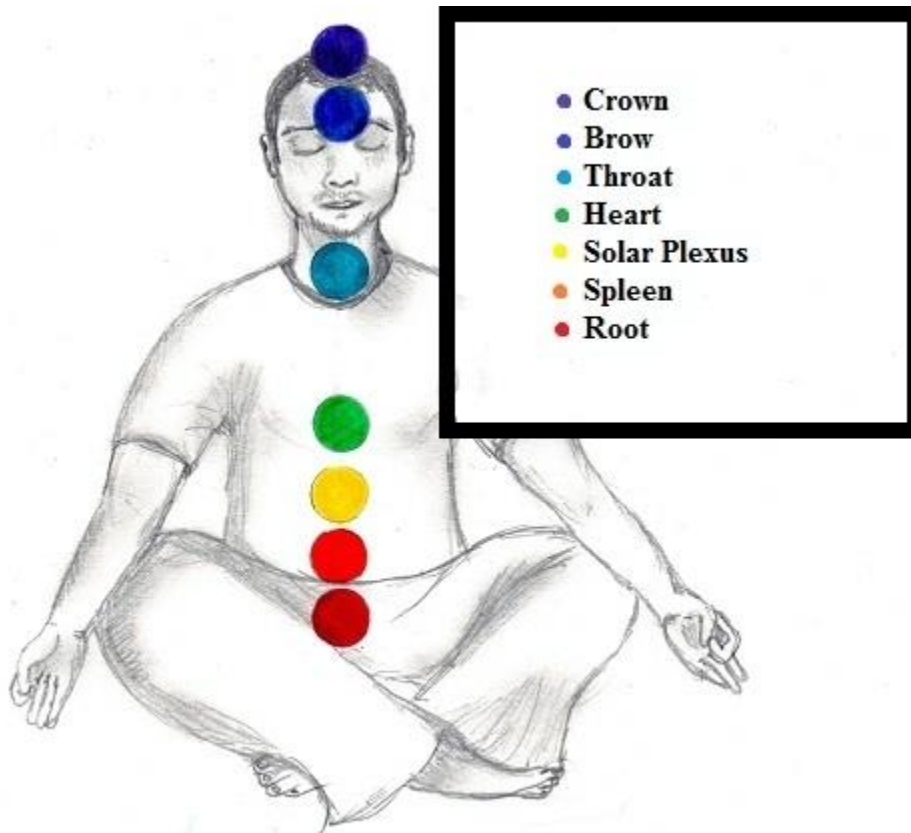
## **The Key Objectives to Developing Your Scripts**

- Your script must be unique and catered to you
- You must ask questions to get to the core of your feelings
- You must find the answers to those questions to unblock your emotional energy
- The tapping at the median points on your body is vital
- You must be able to accept your vulnerability
- You must take full responsibility for your feelings and emotions
- You must be able to speak the truth without trying to water it down
- You must be able to accept that there is no right or wrong
- You must learn to accept yourself for who you are
- You must accept all of your emotions, even the most negative ones
- You must fully forgive yourself and those who have hurt you
- You must ask for release and the freedom to move on in your recovery

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## Beginning

Before we fully begin in the advanced processes of EFT, I want to introduce you to the Chakras and how they work hand in hand with EFT tapping. Look at the visual below so that you can see the different Chakra points and how they relate to the EFT meridian points.



As you can see by the visual, there are 7 different Chakra points:

**The Root Chakra** Is the Tribe Chakra-this is the area of your being where your genetics, history, and beliefs are. It is where your family comes in and your upbringing. This is the area that contains downloads from your genetics and family history.

**The Splenic Chakra** is the Desire Chakra-This is where your likes and dislikes reside. This is the area that reflects your preferences such as colors and tastes. This area is the area that gets your needs met. It can reflect

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back into the root Chakra since both of these areas are formed before you are the age of two, or at the full age of awareness.

**The Solar Plexus Chakra** or Who am I Chakra-This is where your personality resides. This is your ego-the part of you that wants to be right, that gets angry and upset. This area is all about you. It's the part that screams, "Me! Me! Me!"

**The Heart Chakra**-This area deals with the matters of the heart in relationships. It's all about relationships with friends, family, and loves. It's how your relationships develop and change. This part of you is less selfish and works towards maintaining relationships, trying to put them before your own needs, and yet balancing the desire to meet your own.

**The Throat Chakra**-This chakra is the center of our will. It is the transmitter of our truth, our freedom, and our clarity. This chakra holds the communication system of our body. This area makes us stutter and become tongue-tied when emotions get in our way.

**The Brow Chakra**-is called the Third Eye or Big Mind-This is the area that sees the big picture. It understands your own value and the value of others. This is where your intuition comes into play-how you seem to 'know' things that you shouldn't. This is where your psychic ability resides and is nourished. It's where your spiritual gifts lie.

**The Crown Chakra**-The Crown Chakra is the spiritual area of your being. It's that area that has the feeling of awe at the world around you. It's that spiritual awakening area and the worship area of you. This area realizes the vast world and stands in amazement at your role in the universe.

Each of these Chakras are single function areas. Just like your 5 senses that work both independently, yet are needed to work together to create true function, so does the Chakra perform. A breakdown in any one of the Chakras can cause you to become stuck and prevent you from moving forward. The way must be cleared so that your whole entire being can begin to function in the right accord.

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## **This is Where Chakra Comes Into Play with EFT**

The Chakras of the body are a very important part of EFT. By understanding the different Chakras, we can begin to understand how tapping into the meridian points, combined with the understanding of the Chakra areas can allow us a greater level of healing freedom. The two work hand-in-hand to produce greater results than they ever could on their own. If you truly learn about the different Chakras, you can take this knowledge into your EFT sessions.

Whenever I begin any EFT Session, I start with focusing on a certain issue and then I listen to my body. I tune into my body to find where I am feeling pain. I often feel pain in my heart or solar plexus area. You may feel pain in other areas when you begin to focus on the issue. I have literally gotten quite ill, to the point of feeling like I would vomit. Whatever you may feel, just go with it and allow it to flow. No matter what sensations you are feeling, let them be. At this time, it is important that you take note of your pain area so that you can understand what Chakra the problem resides within. With this important knowledge, you can begin to work through the steps towards freeing yourself of the trapped pain and the trapped emotions so that you can go towards your freedom.

### **Understanding Breathing**

I cannot stress enough to you the importance of breathing in your EFT practices. Before I begin each EFT session, I always take time to do a five minute breathing exercise. This helps to settle the mind down and get you focused on the process ahead so that you will get the best results possible. This breathing exercise has helped me immensely, so I suggest you practice with it several times to get the feel and understanding of it. Take a deep breath in through your nose and hold it. While you are holding your breath, you will visualize the number three in your mind three different times. Then you will slowly release the breath from your mouth. Take another deep breath in through your nose and hold it. This time visualize the number two three different times in your mind. Again, slowly release the breath from your mouth. For one final time, breathe in a deep breath through your nose and again hold it. This time you will visualize the number



one three times in your mind. Then slowly release the breath through your mouth.

### **The Importance of Water**

It is vital that you always have a glass of water with you when you are performing EFT practices. The process can be quite draining and can make you feel rather dehydrated. Water brings back your vitality and replaces what the process has drained. I always begin each EFT session with a sip of water and end my session by drinking the remainder of the water in my glass. This seems to confirm to me that my session is complete and I always feel much better.

### **The Importance of Rating Your Feelings**

During each and every EFT session, it is important that you rate your feelings and emotions towards a particular issue by a number scale. You will rate your feelings and emotions according to how strong they are. While one means that you are not so emotional about the issue, ten means that you have a very strong emotion towards that issue. You should rate yourself on each EFT session for a particular issue so that you will know if you have made a shift or not. Without even rating your emotions and feelings, you will know that you have made a shift when you are no longer focused on the issue throughout your day. You will feel less of a resistance or none at all when the issue is discussed. You will have no pain in your body and will feel a sense of happiness whenever the issue comes to your mind or is talked about.

### **Step One**

There are so many different types of issues that can plague us and cause us to become stuck in our lives. We don't realize that we are stuck, therefore we stay stuck. When you begin the EFT process, I suggest that you make a list of all of the issues in your life that are causing you emotional pain. Once you have made a thorough list, you will need to sit down and rate each of the issues in your list from a one to a ten, with ten being the most painful issue for you.



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## Example

<b>Issue</b>	<b>Rate</b>
I never have any money	8
People will think I am a loser	6
I always work long and hard hours and am in the same position	8
I am so lonely	9
I never seem to get things right	7
I feel sick all the time	9
I am so angry at my father	10

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Here is a Blank Chart  
(Fill in your issues and rate them each from one to ten)

**Rating Scale 1 (no emotion) - 10 (deep emotion)**

Issue	Rate



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Once you have rated all of your issues, you will need to pick one that is the most urgent. If you have several tens, focus on the one that seems to bring you the most negative emotion. The way that you can make a choice is by reading each of the issues aloud and seeing which one causes you the most pain in one or more of the Chakra areas.

Whatever issue causes the most pain, choose this issue to work on first in EFT. Normally when I do this process, I will feel a sharp pain in the area of my heart. When I feel that on a particular issue, I automatically choose that issue to work on first.

## **Before You Begin Writing Your Script**

The scriptwriting process is one that is very personal. There are a few steps that you will need to accomplish, so you will need about an hour in a very quiet environment with no interruptions. This will give you time to think about and write your script. As you grow in the EFT process you will be able to walk around your home and perform other duties while you almost automatically write your scripts and tapping point phrases. For now, let's focus on this method because it is the easiest and always works like a charm.



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## **Example Drama Story**

Every single time I am at Kathy's house, I feel like a big loser. She always has things so together. Her kids are perfect. Her home is perfect. Her husband is perfect. When I am around her I feel as if I must pretend that everything in my life is perfect too. The truth is I am barely holding on. I never have money and I always spend more than I have just to keep up with others. There are so many things I want to do in my life, and I never seem to be able to do them. I have none of the things that Kathy has. Every time I leave her home, I feel like I must do something to compete with her. This makes me so frustrated and I feel angry.

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## Step Two

When you are writing your script, it is very personal. The script is all about you and no one else but you. To get to the very root of your issues, you will need to ask yourself some basic questions that involve-Why? What? How? When? and Where? By asking yourself these questions, you will be able to slowly begin purging yourself of the issue by peeling back the layers of the onion, thin sheet by thin sheet. Finally you will get to the root of the matter. Exposing the root, exposes the deepest problem and allows you to find healing. I cannot stress enough that you **MUST** be honest, open, and you **MUST** take responsibility for all of your feelings. Try very hard not to start blaming others. It is OK if you begin to start blaming others at first, but to get to the very root, you must be honest about your true feelings.

### **Questions That Can Help You Get to the EFT Process**

In this section, I have given you examples of answers I wrote associated to my drama story example above. You need to answer these questions as honestly as you can. Say whatever you feel and don't hold back. It doesn't matter if you are extremely angry or even hurt. Say exactly how and what you feel!

#### **What has made me angry ?**

I am truly angry at my friend. She always tries to compete with me and is always trying to become better at everything. She wants to have more than me, be richer than me, and have a bigger home than I do. Her kids are better behaved and smarter than mine. She makes me angry and frustrated because she never celebrates my successes-she just wants to beat them.

#### **What feeling has this brought up?**

I am tired of leaving her home angry and feeling like I always have to prove that I am as good as her. I feel like I am worthless and inferior to her.

#### **Who made me feel like this?**

My Mom always made me feel like I could not achieve all that I wanted. She made me feel as if I would always be stuck in a certain role and if I tried to succeed beyond that, she would constantly remind me of where I

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came from. I saw her struggle her entire life to make ends meet and she always made me think I would be the same.

## **How old was I when I first learned this feeling?**

I can clearly remember seeing my parents arguing over money and bills when I was very small, about the age of 4 or 5. I remember waking up and hearing them from my bedroom.

## **When was the last time I felt like this?**

The last time I felt like this was when my Dad told me not to open my design business because of the economy. He warned me that I would lose everything.

## **What is the most vivid image I have in my mind when I think about this?**

I can see myself being homeless with no money.

## **Describe the location when I first experienced this feeling.**

I remember seeing my parents arguing in the grocery store because they did not have enough to get all of the food that we needed. My Dad was upset and said that no matter how hard he worked or how much he made, it was never enough to make ends meet.

## **Who was with me the first time I experienced this feeling?**

My parents were in my presence.

## **How does it make me feel right now thinking about this feeling?**

I feel nauseated and queasy.

**Here are other questions that you can ask yourself that will help with the process.**

**Please again remember that there is no right or wrong in this entire process. Use the questions that relate to you and that you feel you can expand on.**

*What are you afraid of?*

*What is it that makes you afraid of this, Why?*

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*When was the last time you were afraid?*

*Do you remember the first time you were afraid?*

*What is the most vivid image in your mind when you think about this?*

*Where were you when you were most afraid?*

*Who was with you the first time?*

*How does it make you feel right now thinking about this fear?*

*Why are you thinking of tapping?*

*What are you feeling, what is the emotion you are feeling right now?*

*Do you have a problem, if so what is it?*

*Do you have pain or some sensation in your body?*

*Is there someone behind it, if so who?*

*Where are you when you think about it?*

*What was said to you?*

*What is the fear?*

*What is it that I am worried about?*

*What emotion am I feeling?*

*What do I feel in the body?*

*Where in the body do I feel it?*

*How does it feel?*

*What does it feel like?*

*What is the cause?*

*Who is the cause?*

*When did it start?*

*When do you think it started?*

*Why do you think you have it?*

*When did you last experience the emotion?*

*Where did you last experience the emotion?*

*When did you first experience it?*

*Where did you first experience it?*

*Are there people connected with this fear/emotion?*

*What is my attitude to other people who have this problem, how do I think towards them?*

*What do I hear myself saying when I see someone else with this problem?*

*What are my beliefs about getting over the problem, is it possible, do I believe I can,*

*Or is it possible that I believe I have always had this problem and I always will?*

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*Do I believe I deserve to get over this problem, and why?*

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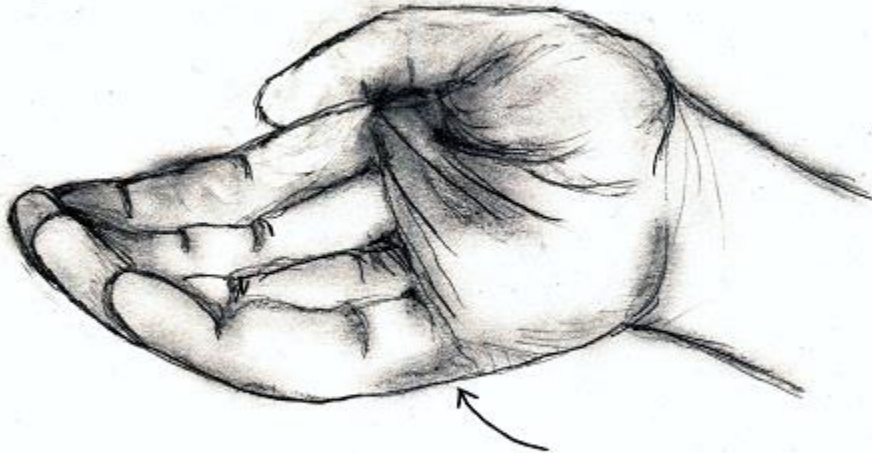
I found that by writing out my questions and answers, I was able to begin discussing the issue aloud. I could say what was bothering me. This is an important part of EFT. I was able to realize that it truly wasn't my friend Kathy that was the problem. It was the feeling that she invoked when she tried to outdo me in everything. It was creating a rage in me that I did not understand. I realized that these emotions were started in me long ago and by something that was totally unrelated. Anytime someone begin to succeed or have more than me, I felt this feeling come up again. It would create a reaction in me.

Now that you have answered these questions, how are you feeling? For now, just allow whatever is going on inside of you to show itself. Step into whatever feeling or fear you have and allow yourself to feel it. Go with it and don't dismiss it. This is where the power starts happening! It's now time for you to create your **set up script**.

The **set up script** is where you will tap 3 times on the karate chop (the side of your hand).



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Karate Chop

There are two main important parts of the EFT process. **The first part is the set up.** This is the part that involves physiologically reversing the issue that is keeping you from your freedom. **The second part is the script** which is the work that is the working tool involved in the EFT process.

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## The Basic Set up Will Look Like This:

“Even though I am afraid I might never have enough money to pay my debts I deeply and completely love and accept myself”

This set up covers the main parts of scripting. When they are used in sequence, they become very powerful with the ability to release the trapped energy from the beginning. Be prepared for what you may feel during this time. This process releases many emotion and hidden feelings and it can be overwhelming when this begins to come out.

## Here are more ways that I could have written the above set up phrase:

“Even though I am afraid people will think I am a loser because I never have money, I forgive myself”

“Even though I will never have the life I have dreamed of having I love, accept and forgive myself”

“Even though I am loser for getting myself into all this debt and I am scared I will never be able to pay it all off, I love accept and forgive myself”

“Even though I am afraid of failing, and EFT will be prove to be just another failure for me, I deeply and completely love and accept myself anyway.

This shows you that there are many ways that a set up can be written and put together. There are different words and orders that can be used to change the entire meaning of the set up. This can create a very powerful set up that allows the true issue behind the emotion to come forth. This provides an individualized set up that states what you truly need and not what you think sounds the best in tapping. As long as the important parts exist in your script, the rest is fully up to you and your emotions and feelings.

Please Note: Set up statements usually start with the words '**Even though**'. *You can change these but I prefer to use these words as do most EFT practitioners.*

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## Step Three

### Write Your Set up Script

You have now answered all of the questions above and are beginning the peeling of the onion process. You may have already begun feeling different emotions and sensations.

Allow yourself to use the set up examples that I have provided above to begin making your own set up script. I can't stress enough, that there is absolutely no right or wrong in writing. You go with what you feel!

### Why Do We Use the Phrase "Even Though"?

These two small words pack quite a large punch in the EFT process. They open up the way for you to begin the acceptance of yourself, your emotions, and your limitations. In just two words, you are already beginning to go deep into the EFT process. These two words work with the three important elements of the EFT process:

- Owning your emotions and yourself-taking responsibility for them both
- Accepting that you and no one else is perfect
- Accepting yourself completely with both your emotions and your limitations

Through this, you are telling yourself that even though you went through this or that, were hurt, did this wrong, were wronged, feel this way, have this habit, and feel that life is too difficult, that you accept it anyway. In other words, you accept that no matter how bad things are in your life, that you are okay with them being bad.

**\*It is important to note that all set ups will begin with these two words-"Even Though". You will also see that all set up phrases end with some form of acceptance phrase.\***

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## Please Begin Writing Your Set up Phrases

1. Even though...

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2. Even though...

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3. Even though...

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**\*NOTE\*** Set up phrases must be repeated a minimum of three times. It is perfectly acceptable to repeat these more than three times if you feel the need. I often find myself repeating the phrases several times as I continue through and began feeling more emotions.

Whenever you begin creating your set ups, you will need to ask yourself a lot of why questions. You can see in the examples earlier in the workbook that I asked myself these why questions and wrote out my answers. These questions and answers then help me to formulate my set up.

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**The main key to the entire EFT process is to continuously ask yourself questions throughout. This will help you to uncover hidden motives and emotions that you are not aware of. Even though asking 'Why' questions may feel very primitive, asking these why questions after each answer, will help you to dig to the root of the cause.**

As you work through this module and workbook, you will soon realize that there are many components to creating your set ups. There are many emotions and motives behind what is hindering you and at the very root, you find yourself.

**You are the sum of your beliefs and feelings-everything that I give you will be used as tools to help you through the process.**

As I have said so many different times, there is no right or wrong through this process. How I conduct my EFT sessions, may not be the way you conduct yours. This does not mean that one or both of us is wrong; it simply means that **we are performing the methods that work best for us.**

I do not dare to proclaim that I have all of the answers. Any professional that says that they do, is sadly mistaken. All I can offer you is the knowledge that I have acquired on the subject and I hope that it can help you to begin your own journey and find the best methods of getting to the root of your own issues.

If my content is not the first reading you have done on the subject, you may be aware of other EFT professionals who claim that the EFT process is not simple and that you must learn certain skills to succeed. In my opinion, they make the process much more difficult than it needs to be. You should never hear anyone tell you that EFT must be done in a certain way. If they are telling you this, they are wrong!

**As long as you include the basics of setup and sequence, then nothing else matters as long as you are getting an emotional release.**

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Through my instruction and examples, you will notice that both the start and the end of the set up both embrace the same ideals. They are both stating that I accept this, I am okay with this, support this, etc.

Through my work in EFT, I have found that the set up brings forth these parts:

- Accepting yourself regardless of your emotions or limitations
- Truly embracing your emotions no matter how negative they are
- Fully forgiving yourself and others

The ending of your set up is normally going to end the same in every single instance. Here is a small list of sample set up phrase endings that can help you get started:

1. I love myself anyway
2. I accept myself anyway
3. I choose to love and accept myself
4. I choose to forgive myself
5. I am open to accepting myself
6. I am open to forgiving myself
7. I completely love and accept myself
8. I deeply love and accept myself

As you work through the EFT process you will eventually choose an ending phrase that works best for you so that you can use it in every set up. This is what makes EFT so simple.

There is nothing wrong with tapping to a simple set up. The important thing to remember is that you repeat the phrase a minimum of three times or more. Often, the more simple the phrasing, the more effective the tapping will be. As you begin tapping, using the simple set ups, you may find that more thoughts and feelings come to your mind. The important thing is to go with the flow and work towards including what you find into your set up.

## **Step Four The Sequence**



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The sequence is the portion of the process that causes the changes. This is the part where individuals begin to see changes and freedom come forth. Though the sequence is where the freedom begins, without using the set up first, the sequence is worthless. The two must be used together to create the results that lead to freedom. They can't be used alone or interchangeably.

The sequence, simply put, is a group of words or phrases that addresses and brings forth the issue that is being tapped on. Yes, it seems very simple. That is because it is. No part of EFT should be difficult to understand or too technical. Children should be able to follow the steps and gain their own freedom. This is what makes EFT so beautiful.

The sequence portion speaks to those emotions, feelings, motives, and thoughts that hold you bound to the area that you are tapping on.

You are connected to the problem area through your subconscious mind. Without removing these connections by tapping into them, EFT will not bring you the freedom that you desire. These connections, in a sense, are keeping you bound to the time and place where your subconscious mind became unbalanced.

## **Understanding the Standard Abbreviations**

**EB – Eye Brow**

**SE - Side of Eye**

**UE - Under Eye**

**UN – Under Nose**

**Ch – Chin**

**CB - Collar Bone**

**UA – Under Arm**

**H – Head (crown)**

You will often see these abbreviations being used in EFT texts and in set up and script writing. It is important that you learn these abbreviations so that you can understand how to use them.



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You can very easily use these abbreviations along with the set up information in the examples.

## **Example of the First Part of the Sequence**

EB – afraid of debt

SE – I am afraid of being broke

UE – I am a loser

UN – I was never taught how to save money

Ch – so I didn't find it necessary to educate myself on investing my money

CB – I am afraid of not reaching my potential

UA – and people laughing at me

H - I am afraid of being a nobody

## **Example of the Second Part of the Sequence**

EB – afraid of having no money

SE – just seeing rich people reminds me that I will never be that

UE – being broke is freaking me out

UN – all this fear is killing me

Ch – and making me nervous and stressed around my children

CB – their perception of me will create them into losers like me

UA – I accept I am a failure

H - It's alright that I am feeling like this

## **Example of the Third Part of the Sequence**

EB – I forgive myself for not accepting my faults

SE – I am ready and open for the Universe to send me resources and tools to change my life

UE – I am free of my old paradigm

UN – I love myself completely

Ch – I am a rock star ready to conquer the world and show off my talent

CB – I am ready to take responsibility for my finances

UA – I forgive myself so I can free myself from my past beliefs

H – I am the master of my destiny

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As you can see, my sequence phrases are simple and to the point. There is no need for useless words. You can have fun with this part and be creative. Speak what works for you!

**The absolute most important part of the sequence is to try and invoke the feelings and emotions that are tightly associated with the problem you are tapping to. The more you practice EFT, the more your emotions will be on a higher alert system, allowing you to tap into them quickly and easily. This allow you to release those trapped emotions so that you can obtain freedom.**

**\*NOTE\* It is vital through the sequence process that you are completely honest with yourself. Being dishonest with yourself has caused many of the problems that you are now trying to remove. These problems are no one's fault, but your own. You must take responsibility for them now!**

## **Ending the Sequence is Important**

It is important to end the sequence with a positive. We end with a positive to remind ourselves that we can have what we want simply by asking for it. Be specific in asking for what you want. Ending on a positive is not absolutely necessary, but it has been my experience, that this brings forth the best results.

## **EFT: The Quick Way**

- 1. Take a deep breath in through your nose. Hold it and visualize the number 3, three times then breathe out of your mouth slowly. Take another deep breath in through your nose. Hold it and visualize the number 2, three times then breathe out of through your mouth. Take another deep breath through your nose. Hold it and visualize the number 1, three times and breathe out of your mouth.**
- 2. Start tapping your karate chop (or side of your hand) It doesn't matter which side you tap. Repeat your set up statement three times with total conviction.**

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3. **Now start tapping while saying aloud the statements you wrote above in the sequence section on your EB, SE, UE, UN, Ch, CB, UA, H - REPEAT THIS SEQUENCE three times one after the other. In total you will have completed 9 individual sequences.**
4. **Take a deep breath and rate how you feel from 1-10. 1 = I don't feel any emotion and 10 = I am feeling very emotional. If you are below 5, you are making serious progress.**
5. **If you feel the need, repeat this all over again another 3 times or as long as you like until you can feel a shift. You may need to focus on asking yourself a series of other questions to get to the core. (You do not need to tap the karate chop if you repeat the sequence all over again.)**

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## Quick Guide to EFT

1. Focus on the most important issue at the moment.
2. Talk or write about the situation as honestly as possible. I call this my drama story
3. Unravel your story by answering a series of 'Why', 'What', 'How', 'What', 'When', and 'Where' questions. (Remember to be 100% honest!)
4. Create a Set up statement beginning with "even though".... and repeat it 3 times.
5. Create the sequence statements – with lots of negative phrases and one positive and repeat this a minimum of 3 times. Then rate how you feel. If the feeling is still obviously annoying you, then repeat the sequence as many times as you like until you feel a shift. (You don't have to repeat the karate chop set up phase.)
6. Take a deep breath three times and have a drink of water



## **Getting Started on the Sections**

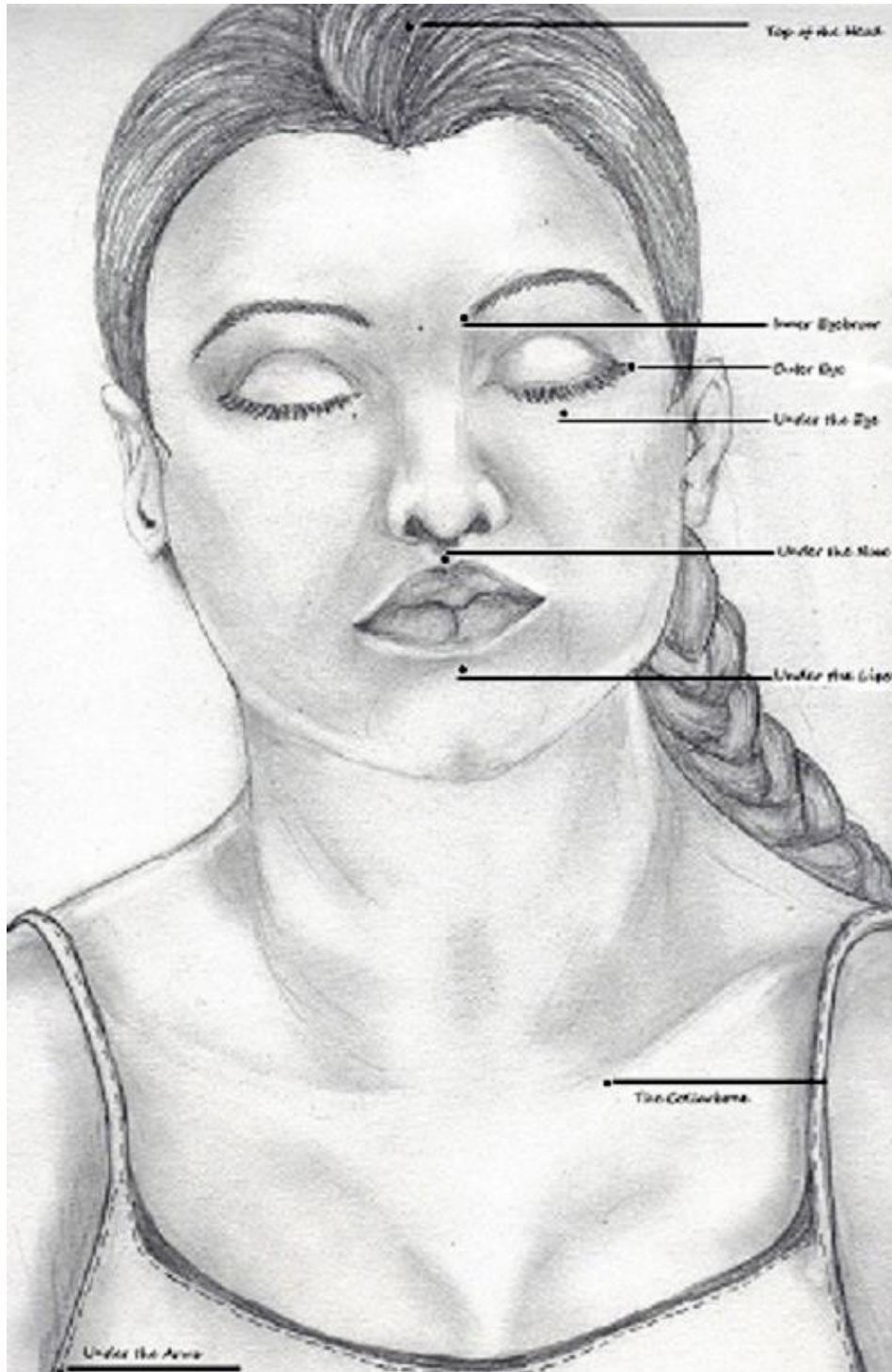
Now that I have introduced you to a whole new level of EFT Tapping, I want you to begin your work.

The difference is, that you will be in charge of creating your own scripts and tapping phrases. I will continue to give you examples, but since you are much more advanced than you were, it is time for you to do the process on your own. You can always refer back to the examples if you become stuck. Always remember that there is no right or wrong in tapping! No matter how you write your scripts or your tapping phrases, as long as you follow the basic process, you will begin to see changes. Do not be afraid to experiment as you go through the process. Find what scripts and phrases work best for you. This will keep you focused on meeting your needs through the entire EFT process.

Note: You may not need to work through every section of the workbook. You may skip around to the topics that pertain to your personal issues. If you do not have health concerns, then there is no reason to work through that section. You can do the sections in any order that you like; but most people find that it helps to work on the most pressing issues first.

# THE SECRET POWER TO SUCCESS

A Quick Review of the EFT Tapping Points (please refer to animation in module for accurate pressure points):







# THE SECRET POWER TO SUCCESS

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**What has made me angry ?**

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**What feeling has this brought up?**

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**What feeling has this brought up?**

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**Who made me feel like this?**

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**How old was I when I first learned this feeling?**

# THE SECRET POWER TO SUCCESS

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**When was the last time I felt like this?**

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**What is the most vivid image I have in my mind when I think about this?**

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**Describe the location in which I first experienced this emotion:**

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**Who was with me the first time I experienced this feeling?**

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**How do I feel right now while thinking about this feeling?**

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**Step Three:**

# THE SECRET POWER TO SUCCESS

## Write Your Set up

### 1. Even though

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### 2. Even though

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### 3. Even though

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## Step Four: The Sequence

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# THE SECRET POWER TO SUCCESS

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# THE SECRET POWER TO SUCCESS

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# THE SECRET POWER TO SUCCESS

## **Bringing it all Together**

One of the most important aspects of EFT is that you come back to your scripts several times. You will need to wait at least three days before you begin the process of tapping again. As you reveal each layer of your emotions and clear them, your body needs time to adjust. I have found that waiting three days seems to be the magical number to allow you to proceed in your freedom and healing. This is where writing down your scripts is important. If you have not written them down, or at the very least taken notes, you will have a hard time re-creating your EFT session.

On some occasions, you may find that you clear an emotion with one session of tapping. Though this happens, it will not happen with every issue. They are more rare than common in EFT. It is important that you keep tapping through different sessions until you feel complete release.

In the heat of the moment in tapping, you will often feel some very raw emotions come to the surface. You may end up creating more scripts from your tapping sessions. Though these can help immensely, being in the moment, often produces much greater results.

The heat of the moment is when you are in a panic attack or in the midst of a major problem in your life. I have often begun tapping in the midst of a crisis. I would create setups and sequences in my mind. At times, my emotions were such a wreck that I could think of nothing to say and could only tap. I have often found release through tapping alone.

## **Conclusion**

I hope that you have enjoyed this workbook as much as I have in putting it together for you. You are now an ace at EFT tapping and your skills and understanding will continue to grow the more you practice. My hope for you is that you will continue towards your goals. You can achieve them all using these techniques. Never allow yourself to go backwards; as long as you are moving forward and making progress, you will continue on this journey of change and enlightenment.

# THE SECRET POWER TO SUCCESS

Remember: You can do anything you set your mind to! Never limit yourself and never give up. As new issues arise, continue in your tapping processes. Before you know it, you will be so advanced, that you will be able to tap in your sleep almost. You will find yourself writing scripts while doing household chores or even carrying out your tapping while in a crowded room. The process truly does become more and more easier as you learn, practice, and grow.

I promise you that if you put these techniques into practice that you will begin to see lasting changes with your issues. You will begin to feel peaceful and whole once again, or maybe for the first time ever in your life. I have given you all of the tools that you need to succeed. I hope the very best for you through your journey and I know that your use of this workbook has started you off well. Always remember: There is no right or wrong in EFT tapping!

## **Acknowledgements**

In this advanced workbook, you will find my version of my favorite explanation of Chakras. It was originally written by GP Walsh, a spiritual teacher who I have learned so much through. I highly respect his works on the subject of Chakras. I would like to acknowledge his great influence on my teachings in EFT.



